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It's been a happy nude year!



+ World's daftest places!



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THIS WEEK

3–9 DECEMBER 2010

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Rosie and pals p42

PHOTOS: PA PHOTOS, GETTY
COVER: GETTY, REUTERS, ZOE MCCONNELL

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IN Nuts!



CARS!

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SPORT!

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STARS!

N-Dubz p34

IN THE Nuts OFFICE!



Our pals from 21 Sig Regt pop in



SodaStream drop by to fizz up our drinks!

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Nuts NEWS

SCARED OF WORK, EVERY WEEK

Six uses for Gillian McKeith!

The *I'm A Celeb...* star: handy?



Poo-prodding princess Gillian McKeith has lit up this year's *I'm A Celeb...* by being a scaredy-cat, afraid of, well, everything, and going fainty at the drop of a hat.

So we thought we'd celebrate her swooning shenanigans by seeing how useful a comatose McKeith would be in everyday life. And the result? She's this winter's must-have accessory!

WORDS: FRANK TENNYSON PHOTOS: JIM LINCOLN
THANKS TO THE UNION JACK PUB, LONDON SE1 (020 7633 9206)



1 A SHOPPING LEG-UP
Can't quite reach that pesky box of cereal on the top shelf? Ms McKeith to the rescue!
VERDICT: HIT



ON THE SHOW!



3 A BIKE PARKING STATION!
A prone McKeith bum crack proved a smashing place to leave our bike. Wheely good!
VERDICT: HIT



4 A SNOOKER REST!
A success as a ball-potting aid but who'd have thought Gill's legs were so hairy? Alarming!
VERDICT: HIT

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2 A TRAFFIC BUMP
We thought the dazed dietician would be a speed-reducer. Wrong! Motorists drove faster!
VERDICT: MISS



5 A LOVELY FOOTREST!
What's better than having a pint with your feet up? Nowt, that's what. Cheers, Gillian!
VERDICT: HIT

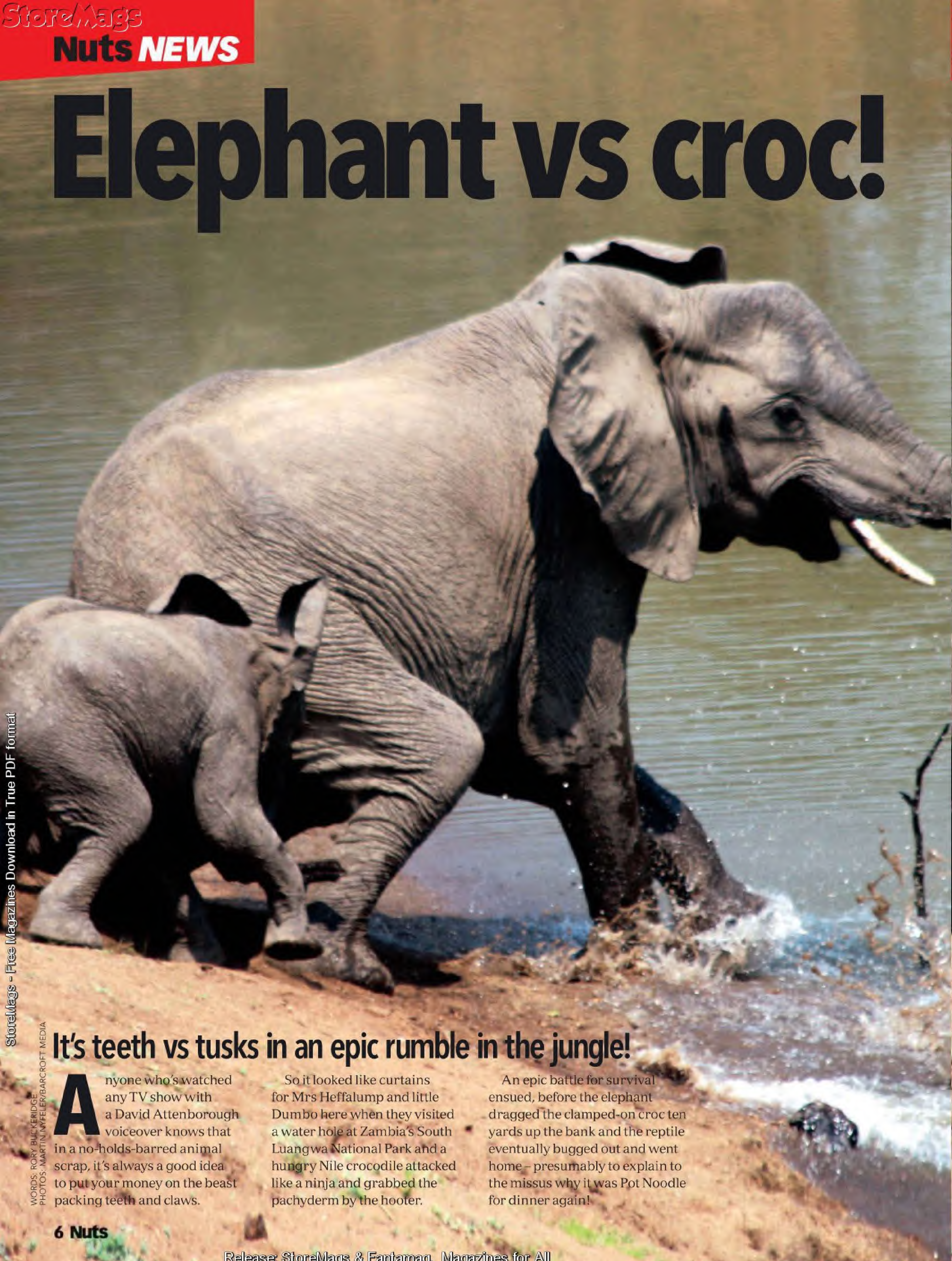
6 A DRAUGHT EXCLUDER!
We thought the *I'm A Celeb…* moaner would keep out the winter cold. Nope, still chilly!
VERDICT: MISS

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Elephant vs croc!



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It's teeth vs tusks in an epic rumble in the jungle!

WORDS: RORY BUCKERIDGE
PHOTOS: MARTIN MYFELER/BARCROFT MEDIA

Anyone who's watched any TV show with a David Attenborough voiceover knows that in a no-holds-barred animal scrap, it's always a good idea to put your money on the beast packing teeth and claws.

So it looked like curtains for Mrs Heffalump and little Dumbo here when they visited a water hole at Zambia's South Luangwa National Park and a hungry Nile crocodile attacked like a ninja and grabbed the pachyderm by the hooter.

An epic battle for survival ensued, before the elephant dragged the clamped-on croc ten yards up the bank and the reptile eventually bugged out and went home – presumably to explain to the missus why it was Pot Noodle for dinner again!

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SNAPPY ATTACK!

"Mum! Dad! Do you have to do this in public?"

Two days in, the crocodile nose piercing was getting annoying

"Can't you carry your own handbag?"

ESCAPED!

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Christmas cards for troops!

Nuts girls bring festive cheer to Our Boys!

Afghanistan is no place to spend Christmas, but that's where over 8,000 of Our Boys will be this festive season, so we thought we'd do something nice for them. Well, some lucky so-and-sos.

At *Nuts*, we get a mountain of mail from squaddies, which has enabled us to create a database of troops serving in Afghanistan. So we called Rosie, Emma, India, Leah and Porchia in, got them to make a Christmas card each – in true *Blue Peter*-style – and post it to a soldier, picked at random from our list.

So, lucky boys about to receive the best Christmas card ever, send us a snap when you get it, and we'll stick it in Letters to prove we're honourable men of our word. Hurry now, postie!

WORDS: RORY BUCKERIDGE PHOTOS: COLIN WILLIAMS

PORCHIA!

ROSIE!

IN THE OFFICE!

FIRST CLASS!

Send some Christmas cheer!

Want to up your karma and do something nice for our troops this Christmas? Visit **parcelsofcare.tripod.com** and they'll help out with your lovely gift-giving.

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YOURS FOR £38K!

Desert racing Rally

- **When cars from *Mad Max*, *Knight Rider* and *The Dark Knight* meet the world of dune leaping, an unbreakable sports coupé on stilts is born.**
- The Rally Fighter was designed by Sangho Kim, who posted his sketches on the website of Local Motors, a small American company that designs, sells and manufactures cars through its global online community. The design was an instant hit and soon went into production.
- **Its blueprint was inspired by a Second World War P-51 Mustang fighter plane, which is evident in the cockpit-shaped cabin and the SUV's fighter-style roofline.**
- Beneath a featherweight vinyl-wrapped carbon-fibre body, this bad boy has a 6.2-litre LS3 EROD V8 bolted to an ultra-rigid tubular steel space frame.
- **It has rear-wheel drive on automatic transmission and 17in aluminium alloy wheels, while adjustable ride-height options allow you to easily go from the desert to the city.**
- The Rally Fighter's front suspension boasts 18in of travel, while the rear axle has a massive 20in of movement.
- **It's actually pretty petite for a mini-monster truck, weighing just 1.36 tonnes.**
- Anyone wanting to buy the Rally Fighter is asked to set aside six days to help build it, so that they can fully appreciate their ride inside and out.
- **On sale now, the Rally Fighter will set you back somewhere in the region of £37,500.**



WORDS: JONNY SMITH

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"Banksy! I told you to stay out of the garage!"

Fighter!

Meet the ultimate dune destroyer!



Mini denied he'd been using steroids



Car's art homework was going badly

6.2-LITRE ENGINE!

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"Whoa! Who left that lying there?"

A QUICK WORD WITH...

Jermain Defoe

The Spurs ace talks *Fifa 11*, the Champions League and Fabio!

Hi Jermain! Do you play *Fifa 11* with the lads at Spurs? Yeah! We used to play a lot but a few of the lads are getting on a bit now! A lot of us play when we're on England duty as well!

When you play *Fifa 11*, do you check how good they've made you? Ha-ha! Yeah, there's always banter about that! We'll give someone stick in the dressing room if they're really quick on the game or if they're too good! Luckily, they always make me pretty sharp and quick, so I'm quite happy!

Who's the best at it? Shaun Wright-Phillips is good. He's into all his gadgets and stuff!

How far are you expecting to go in the Champions League? I think we can go far. It's mad hearing ex-pros saying we can go all the way. It's anyone's tournament at the knockouts, so we're glad to be there now.

Who do you want to face in the Champions League? I want to test myself against the best in the world, so I'd like to play Barca or Real. If you want to win a big tournament, you'll have to come up against the big teams at some point!

What was the dressing room like after the win away at Arsenal? Brilliant! We were all on a high because it had been a long time coming! Coming back from two goals down made it better than if we'd just won it one-nil as well!

Is Van der Vaart the signing of the season? Definitely one of them, yeah! He's had a massive impact and he's scored some key goals for us.

England didn't have the best World Cup. Are the players still behind Capello? Yeah, his CV's one of the best. He's changed the way we do things and brought some younger players in now, so we're looking forward to the Euros.

Thanks, Jermain! Finally, would Harry Redknapp make a good England boss? It's not fair for me to say who should be national coach. It's up to Harry if he'd like to go for it.

Jermain Defoe is promoting EA Sports' FIFA 11 – 2010's must-have Christmas gift. FIFA 11 is the fastest-selling sports game and is available at Game. Find your nearest store at www.game.co.uk



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INTERVIEW: NICK WATKINS PHOTOS: BACKPAGE IMAGES

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15 15

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"On the plus side, the in-flight movie was really good!"

PLANE CRAZINESS!

Eject! Eject!

Aussie simulates plane crash, the great big galah!

We love a good (non-lethal) plane crash here at *Nuts*. The more spectacular, the better! So it's weird for us to be scribbling about a plane *not* crashing.

But Aussie Glenn Knight has stuck a light aircraft – looking for all the world like it's at the sharp end of a crash – in his back garden!

The plane's fully visable from the nearby freeway in Lovely Banks, Victoria, and it cost our man the best part of £1,200 to buy and install it.

Brilliantly, Glenn next wants to attach a gas canister to the plane, so it can shoot flames every hour, and add a crashed chopper! You've got to have dreams, Glenn, you've got to have dreams...



WORDS: RORY BUCKERIDGE
PHOTOS: BARCROFT MEDIA

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THE Nuts LIP-READER!

When he watches a match, he sees every word!



John Cassidy is a **real** lip-reading expert. And an FA coach!



ARSENAL VS SPURS Emirates Stadium, Sat 20 Nov, 2.27pm
The Spurs man praises Younes Kaboul after his dramatic late winner.



BRAGA VS ARSENAL Estadio Municipal de Braga, Tues 23 Nov, 9.17pm The ref makes a call after Carlos Vela is felled in the box.



CHELSEA VS MSK ZILINA Stamford Bridge, Tues 23 Nov, 8.06pm
The Chelsea keeper's miffed after the Slovakians nearly score.



FULHAM VS MAN CITY Craven Cottage, Sun 21 Nov, 4.36pm
The Fulham boss is furious after his former club take a 3-0 lead.

POTTY-MOUTH OF THE WEEK!



RANGERS VS MAN UNITED Ibrox, Wed 24 Nov, 9.27pm
The Scot has a pop at the linesman after being flagged for offside.

TO CONTACT THE LIP-READER, WRITE TO: JOHNNYRCASS@HOTMAIL.COM

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Miley Cyrus
At her 18th birthday party

Miley has suddenly grown up – it's official! Which is pretty nice, because now we can say how utterly gorgeous she is without feeling uncomfortable about it. Happy Birthday, Ms Cyrus!



Jade Ewen
Out and about

The newest member of the Sugababes is rapidly becoming our favourite. Is it because of her voice, or is it because she's a lingerie model who accidentally flashes her nips? Take a guess!



RUDE NEWS

Newsy girls who make our googlies go funny!



Malin Akerman
In *Harold & Kumar...*

Malin has signed up as Lindsay Lohan's replacement in new flick *Inferno*, which charts the life of porn star Linda Lovelace, who shocked the world in *Deep Throat*. Inspired casting, we say!



Caroline Flack
On an Australian beach

Now, we're big fans of those cheeky Geordie lads Ant and Dec on *I'm A Celebrity...*, but with Caroline as a host, there are now two good reasons to watch ITV2's spin-off show, too!

WORDS: FRANK TENNYSON PHOTOS: ZOE MCCONNELL, GETTY, BIGPICTURESPHOTO.COM, NI SYNDICATION, TNI PRESS, REX

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Kayla Collins & Stacey Solomon

In an Australian jungle

I'm a Celeb's Kayla and Stacey do their bit for menfolk by showering in their smalls. Girls, if you get all fainty like Gillian McKeith, there'll be no shortage of mouth-to-mouth volunteers!

NEWS FLASH!... NEWS FLASH!... NEWS FLASH!... NEWS FLASH!... NEWS FLASH!... NEWS FLASH!... NEWS FLASH!... NEWS FLASH!... NEWS FLASH!... NEWS FLASH!... NEWS FLASH!... NEWS FLASH!...

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Nuts news flash!

Sophie Reade on *I'm A Celebrity...*

"I wish Gillian McKeith would quit her moaning and pretending to faint. She just makes me want to smother her with my boobies!"

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34 STONE!

Monster halibut!

Wanted: batter. And lots of it

It probably won't surprise you to find out that this monster is a record-breaker – indeed, it's the largest halibut ever landed. Weighing in at over 34 stone and over eight feet in length, the big, fat flatfish beat the previous halibut record by 18lb and would, if divided into chip-shop portions (and it'd be a bit of a waste if it weren't), provide 970 delicious fish suppers.

The hefty halibut (yay!) was landed by a German (boo!) in an Icelandic fjord, making it the biggest, scariest creature seen in Iceland since Kerry Katona!

WORDS: RORY BUCKERIDGE PHOTOS: WWW.BNPS.CO.UK

"Wait til the other six dwarves see my goldfish"

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DON'T LOOK!

Pictures for the stronger stomach!

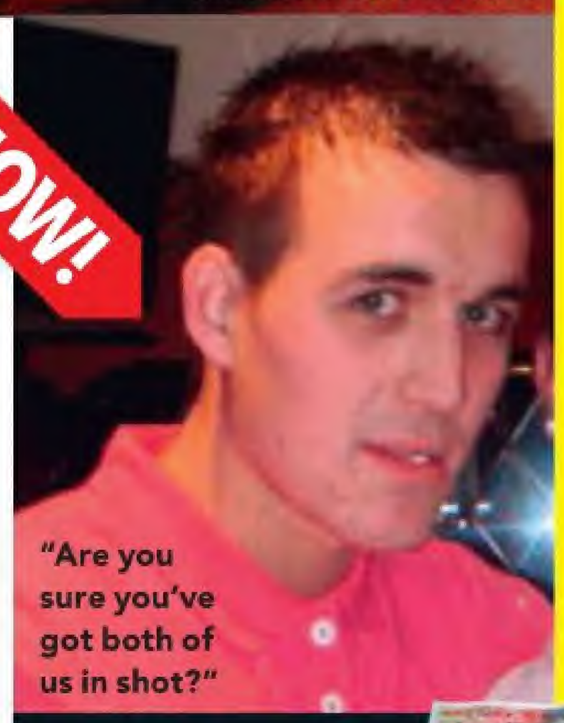
Send your injuries to **dontlook@ipcmedia.com**



Another Chinese burn contest ended in tears

'Blood gushed out of my jeans!'

Dodgy driver mangles unlucky motorcyclist!



"Are you sure you've got both of us in shot?"

A spin along Brighton's seafront turned into a bloodbath for *Nuts* reader Josh Skinner, when a driver pulled out in front of him, leaving his leg in pieces!

Josh, a 20-year-old banking advisor, tells *Nuts*, "I was riding my motorbike, when an old bloke pulled out right in front of me. I swerved, but still caught my leg on the front of his car.

"I came to a stop and looked down. My shoe had come off, and my ankle was smashed. My jeans were destroyed so I could see the bones of my leg sticking out. It looked like someone had poured a pint of blood over me!

"I went down screaming and was taken to hospital. Luckily, after skin grafts, they saved the leg. But I don't think I'll be riding motorbikes any more though!"



Win £1,000!

Think you can do better? Here's your chance. The best "Don't Look!" picture published in 2010 will win £1,000 in cash!* Submit your images and contact details to **dontlook@ipcmedia.com**

WORDS: NICK WATKINS *EDITOR'S DECISION IS FINAL. TERMS AND CONDITIONS ON PAGE 60 APPLY

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Nuts GEAR



Philips Fidelio DS8550 iPad dock

www.philips.co.uk

Nuts says: Dock with sensor that lights up and activates the controls when you approach. Or you can stream music to it from your device via Bluetooth.

iRiver Cover Story Wi-Fi

www.waterstones.com

Nuts says: Hoping to break the Kindle's virtual monopoly, this touch-screen ereader – with your books represented on shelves – will Wi-Fi straight to Waterstone's online store.

Dalek Keychain Torch

www.firebox.com

Nuts says: Mental *Doctor Who* aliens on wheels who hide a small torch under their spotty, metal skirts and can also look after your keys. Well, Christmas is round the corner!

Jawbone Jambox

www.jawbone.com

Nuts says: Bluetooth speaker that'll play tunes and work with your phone. The two acoustic drivers and small dome create an audio spectrum almost as wide as the human ear's.

Check out more reviews at www.nuts.co.uk/reviews

WORDS: RORY BUCKERIDGE

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Nuts PROMOTION

And the winner is...

The battle of the sexes driving test results are in!

in association with FIFTH GEAR

SEAT Sex Drive



Lads, the results are in! The SEAT Sex Drive – a show that wanted to prove whether us guys are better drivers than girls – is over! And we can now reveal the winners are... the girls!

In the final challenge, Relay, both teams had to use the most powerful SEAT car, the amazing Leon CUPRA R, as a baton! Catch the final SEAT Sex Drive challenge online now and look out for the forfeit losing men's team captain Jack Osbourne has to endure – prepare to wee your pants laughing!

In our very own battle of the sexes, we sent *Nuts* babe India Reynolds and *Nuts* man Sam along to the final event. After levelling the series last time, *Nuts* man was looking to clinch the title in the Relay challenge.

We altered the challenge slightly, so both drivers had to run around the car at each changeover point – awesome! But despite getting off to a good start, *Nuts* man was distracted by India's amazing body, and she won by a boob!

As if losing to a girl wasn't bad enough, *Nuts* man Sam's forfeit was to stand on a plinth sporting an "I lost to a girl!" placard while wearing a dress – the great big softie!







To see the lads get left in the dust by the girls, go to nuts.co.uk/seatsexdrive

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YOUR LETTE

Sackloads of silliness from the minds of our readers!

Send your Letters to **nutsletter**



Beer with lots of cheer

Dear Nuts,
This is a picture of my pint!
I drank half of it and there it was, smiling back at me. I like to know my beer's happy.

Lee Carmichael, Hull

We usually drink ours too fast to find out about its mood, but we're pleased for the pair of you!

Stopped cops

Dear Nuts,
Normally, I'm the sort of chap who's happy to help anyone struggling with car trouble but, on this occasion, I thought it'd be much funnier to just sit back and watch!

Leo West, London

Right now, all over London, traffic cops are jotting down the name "Leo West" in their notebooks.

LETTER OF THE WEEK!


"Ha! We're stealth-bumming the coppers' car... Oh, hang on, we are coppers"


"This place is a right dump"

Feeling pooped

Dear Nuts,
Have things got so bad that we need instructions on how to do a poo correctly?

Wesley Champion, Southend-On-Sea

In the *Nuts* office the morning after our Curry Tuesdays, yes, things are that bad!


"You're gorgeous!"
"Cheers, Emma"

Frain makes a splash

**Dear Nuts,
I met Emma Frain the other day. Not only did I get to pose for a pic with her, I showed off my Movember moustache, too!**

Darren Skidmore, Northampton

We're quite pleased that Frainy decided not to try to grow one.



Niam gets the *Nuts* gold medal!

Good run, son

Dear Nuts,
This is me before I did the Great South Run for Keech Hospice Care For Children, in memory of my mate Mark Hearne. I raised £500 and finished in a time of one hour and 31 minutes.

Niam Scoates, Watford

Great work, Niam! We know Mark from the work experience he did for us and he won't be forgotten here at *Nuts*. Visit www.keech.org.uk to find out more about this great charity.

STEALTH BUMMING CORNER!

ONLY IN Nuts!



My mate Matt was trying to tie up the barge we were on. I got bored of helping him! *John, South London*

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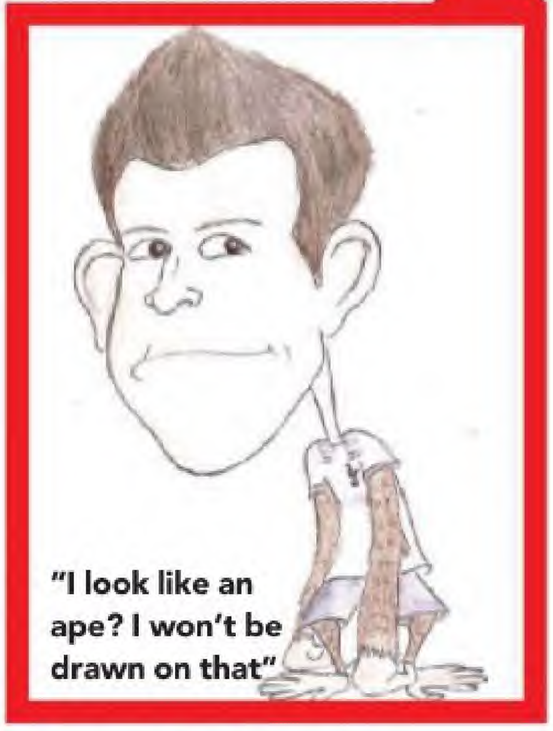
rs@ipcmedia.com or to the address on p60

Monkey boy

Dear Nuts,
Thanks for printing my Rio and Robbie last week! This week, I've tried to imagine Tottenham's man of the moment, Gareth Bale, as a chimpanzee!

Daniel Price, Pencaerau

Excellent work once again, Daniel! Now we'd like you to do a pic of Fabio Capello as a bewildered goose! Well, more of one than he is already.



"I look like an ape? I won't be drawn on that"

On the rocks!

Dear Nuts,
During a short stop on a cycle ride in Lanzarote, we realised we were inadvertently taking part in a glamour shoot!

Lisa Utton and Hannah Wiseman, via email

And yet you kept your tops on? Terrible manners, ladies!



See more funny stuff at www.nuts.co.uk/spambank

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"I just love your German gran"



"Our new film's magic"

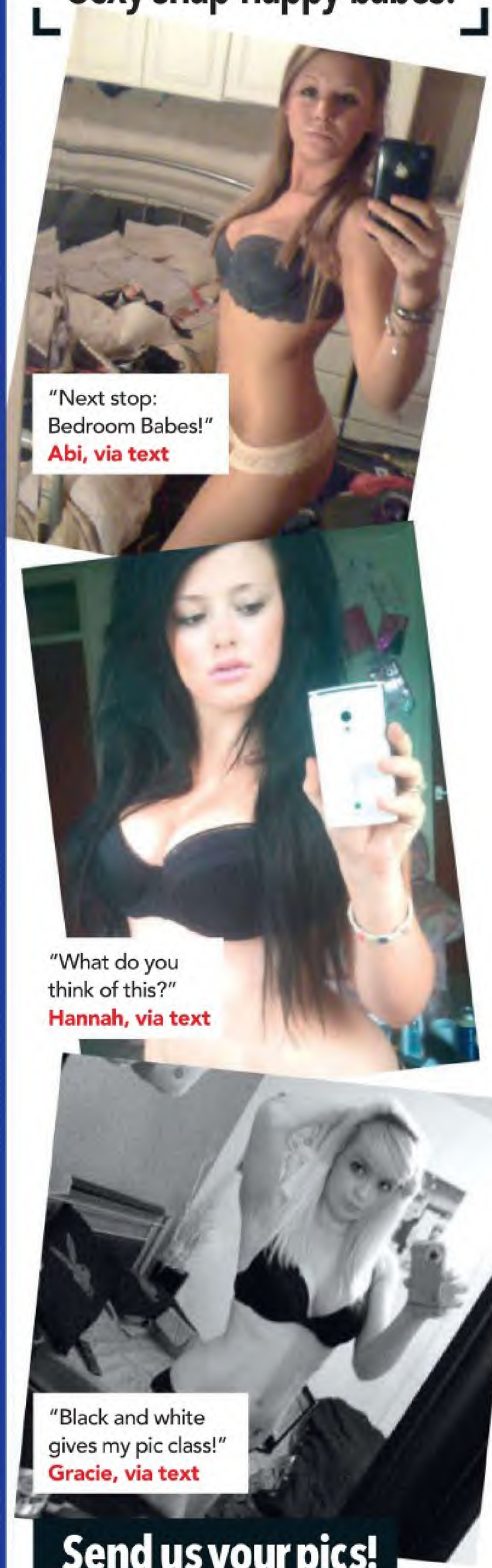
Win Durex stuff!

Send your letters, hilarious spam pictures and camera phone cutie shots to: **nutsletters@ipcmedia.com** or post them to the address on page 60. The sender of the week's best letter* will win fantastic goody bags from our friends at Durex, containing a year's supply of Durex condoms, plus various other items to keep both yourself and your missus happy. Visit **www.durex.co.uk** for more information.

ONLY IN Nuts!

CAMERAPHONE CUTIES!

Sexy snap-happy babes!



"Next stop: Bedroom Babes!"
Abi, via text

"What do you think of this?"
Hannah, via text

"Black and white gives my pic class!"
Gracie, via text

Send us your pics!
Text 'Nuts' and your sexy camera-phone pic to **0771 388 8008***

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YOUR JOKES

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Send your jokes to nutsjokes@ipcm

SHORT JOKES!

A man asks his pal what he uses to tidy up with after a five-knuckle shuffle. His mate replies, "£50 notes. I've come into some money!"

Harry Wright, via email

A mate of mine told me my new girlfriend looks a bit like a horse. If that's the case, I doubt we'll be together furlong!

Paul Simms, Wrexham

Q: What's the difference between Christmas and premature ejaculation?
A: Christmas never comes early!

Ray Bond, Kettering

Q: Why could the barman pour only fresh orange juice?
A: He couldn't concentrate!

Dave Kershaw, Scotland

Q: Why haven't we put a woman on the moon?
A: Because it doesn't need cleaning!

Rich, London



Pants war!

During a war between the British and French, the French capture a British general, who's brought to his opposite number for interrogation. The Frenchman ridicules his red tunic. "Why do you wear that silly red uniform? It makes it easier for us to see you." The Brit replies, "So that if I get wounded, the blood won't show, and my men won't get scared." The Frenchie says, "That's a good idea." He turns to a soldier and commands, "The French Army will now wear brown pants!"

Sam Lines, Poole

Plain nutty

A bus driver is taking a load of old folk down the road when an elderly lady taps him on the shoulder. She offers him a handful of peanuts, which he gratefully takes and eats. After about ten minutes, she taps him once more on the shoulder and gives him another handful of nuts. She repeats this gesture about five more times. When she's about to hand him another batch, he says to her, "Why don't you eat the peanuts yourself?"

"I can't chew them because I have no teeth," she replies.

The puzzled driver asks, "Why buy them then?"

The old lady says, "I just love sucking the chocolate around them off!"

James, via email



Seating plan

A bloke walks into a busy pub and spots a beautiful girl sitting at a table. The guy looks at her from the bar and after about an hour or so, goes over to her and asks, "Do you fancy going to the cinema to see a film?"

The girl says, "Yeah, that would be great!"

The man smiles and says, "Fantastic! Well get your coat and f**k off so I can have your seat!"

William Beak, Portsmouth



Win a TV and *The A-Team* Blu-ray!

Send jokes to **nutsjokes@ipcmedia.com** or to the address on page 60. This week's best joke wins a Sanyo 32in TV, *The A-Team* on Blu-ray Triple Play and Hannibal's very own dog tags, courtesy of Twentieth Century Fox Home Entertainment.



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Stockdale

S!



edia.com or to the address on p60

Accidents happen

A man's driving down the road when he notices a car in a ditch. Usually he doesn't stop to help people so he drives on by. However, he notices in his rear view mirror that a pretty woman is in the driving seat so he goes back to help. As he's hooking his truck to her car he says, "You're the first pregnant woman I've ever helped out of a ditch."

"But I'm not pregnant," she explains.

He replies, "Well, you're not out of the ditch yet!"

Ben Arcus, Cardiff



Silly cow

A bloke arrives home and parks the car. Seconds later, his wife comes out, shouting at him, as there's a huge dent in the bonnet and blood everywhere.

"What the bloody hell happened?" she screams.

"I hit a cow on the way home," the man answers.

"It must have been a pretty big cow to cause all that damage," she says.

The man replies, "Nah, not really – it was actually her motorbike that did most of the damage!"

Graham Stockdale, Brentford

PHOTOS: ALAMY, REX, WIREIMAGE
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FAMOUS BLOKES' JOKES!



DAVE CHAPPELLE:
"Look what New York has done to nature. The other day I saw a squirrel eating a f**king Egg McMuffin"

TIM VINE:
"When I was a deep sea diver, I never found any sunken ships. They said I was wreckless"



KEVIN BRIDGES:
"Back in the day, night-time TV was good. Channel Five would stick a porno on or *Eurotrash* would be on. That's what was keeping young people off the streets!"

MILTON JONES:
"My grandfather can't do what he used to, bless him... bomb the Japanese"





JIM JEFFRIES:
"Why are the ten commandments written down? You should already know not to kill people or steal things"

HARRY HILL:
"You notice you're going bald when it takes longer to wash your face"



RUSSELL HOWARD:
"Paul the octopus' funeral was lovely. Apparently, he was served with chips"



MICHAEL McINTYRE:
"Most people tell their kids to eat all their food. I tell mine to leave some for me!"

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CAMERA PHONE COMEDY!

ONLY IN Nuts!

Win £100!

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Seen something daft? Snap it, send it in and win £100!

KILLER SIGN!



"Well, if you're going to die, this'd be a convenient place to do it!" **Anon, via text**

RANDY REF!



"This video game ref is getting too friendly with one player!" **Ben Grange, Leeds**

PIC OF THE WEEK!



NAFF TATS! CORNER!

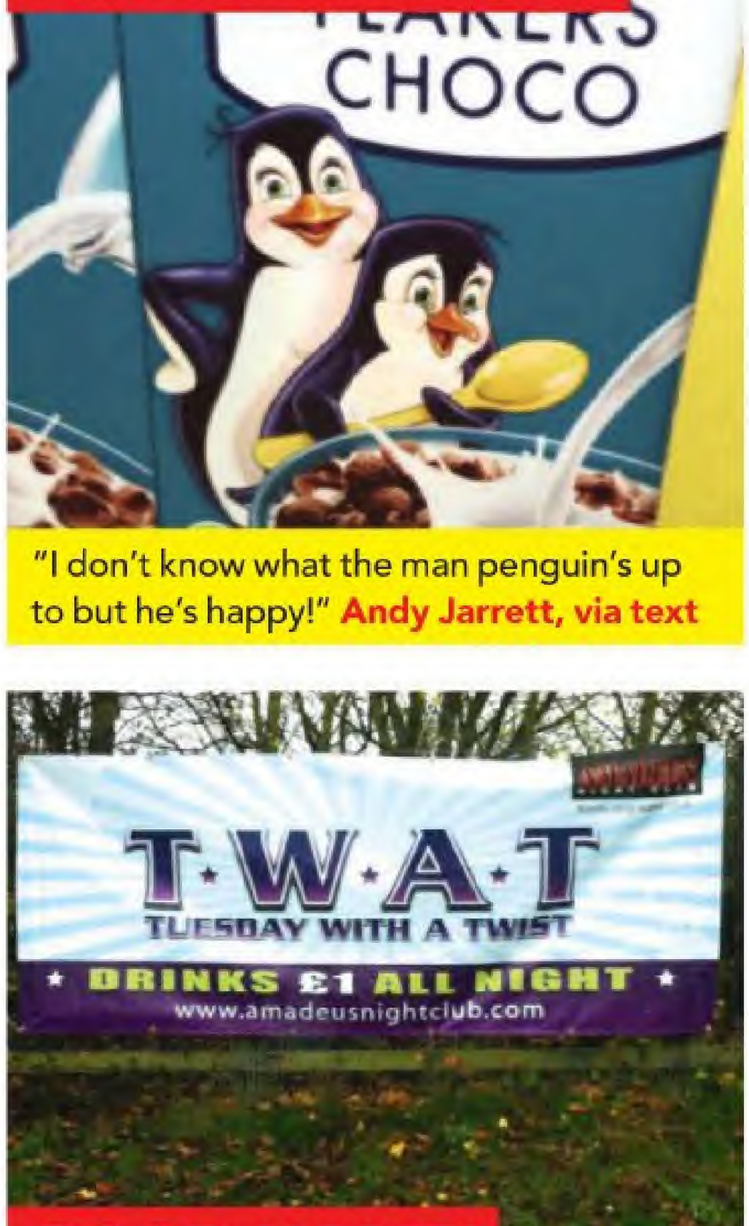


CIDER SILLINESS!



"I was at my mate's house drinking cider and everybody dared me to have this tattoo on my head for a tenner. So I did!" **Matty Hart, via email**

PORNO PENGUIN!



"I don't know what the man penguin's up to but he's happy!" **Andy Jarrett, via text**

NO NAVEL!

"This is my mate. Look, he doesn't have a belly button!" **Peter Horncastle, via text**

GOOD NAME!



"Just about the only club that would make me go out on a Tuesday!" **Anon, via text**

TELLING FIBS!



"I'm not convinced that this price comparison is entirely accurate!" **Anon, via text**

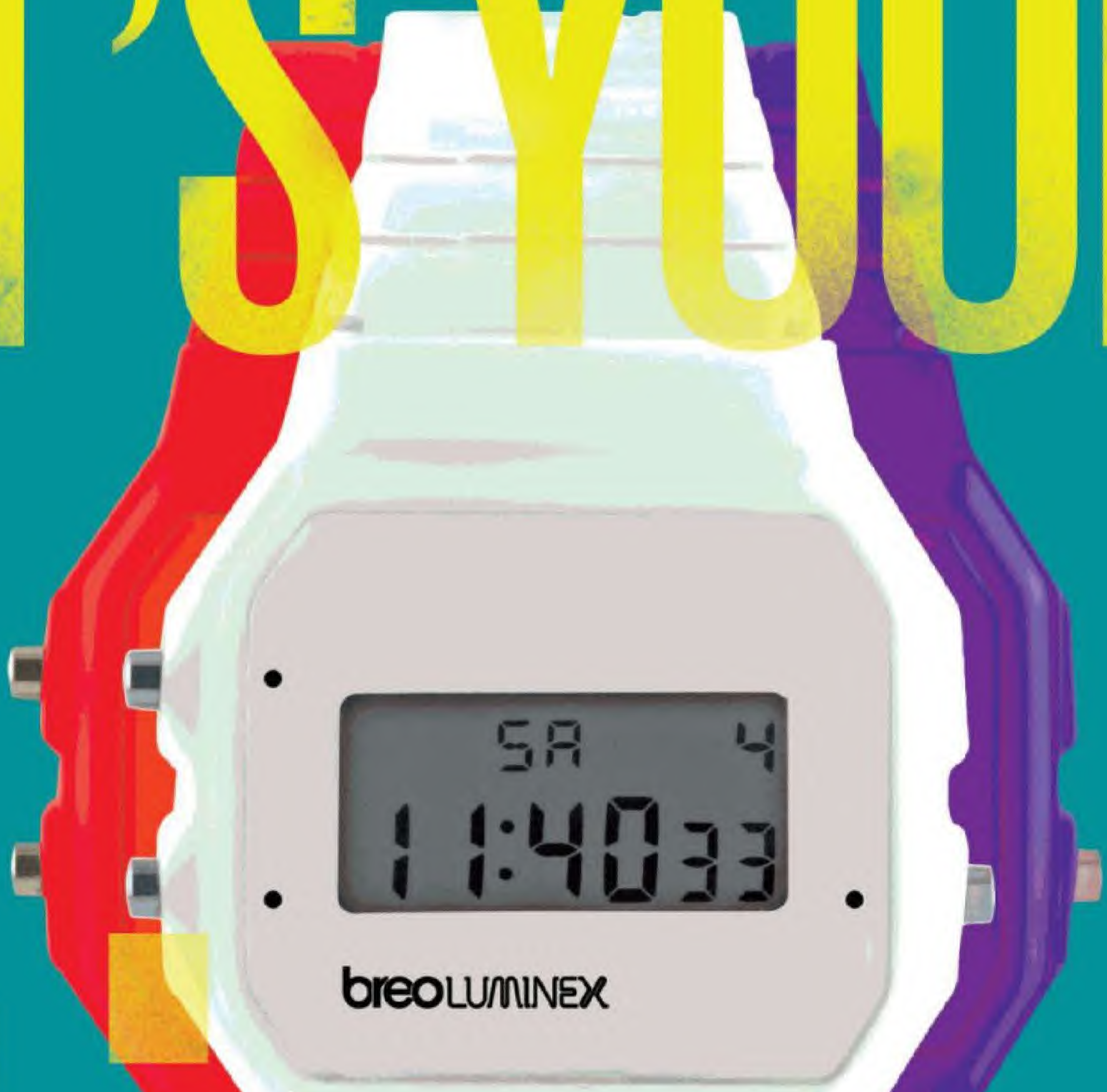
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THE WARRIOR'S WAY

15 CONTAINS FREQUENT STRONG BLOODY VIOLENCE

A HERO WILL STAND

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Email your pictures to **nutspopout@ipcmedia.com**

Have a cheeky flash – and earn some cash!



IN THE WOODS!

BROOKE *18, from Newcastle*
"As you can clearly see, I like to be at one with nature!"



SNOW BABE!

TONI *25, from Bournemouth*
"It may have been a bit chilly but I made it kind of hot, too!"



IN TOWN!

EMMA *19, from Basingstoke*
"Welcome to my home town – fancy coming for a visit?"



NAUGHTY STEPS!

Win £100!
All printed pics get a *Nuts* vest-and-shorts combo. The winner gets £100!* Send your snaps to **nutspopout@ipcmedia.com** or by text to **0771 388 8008**.

CARRIE-ANNE *21, from Manchester*
"Anyone could have come along when we shot this – it was exciting!"

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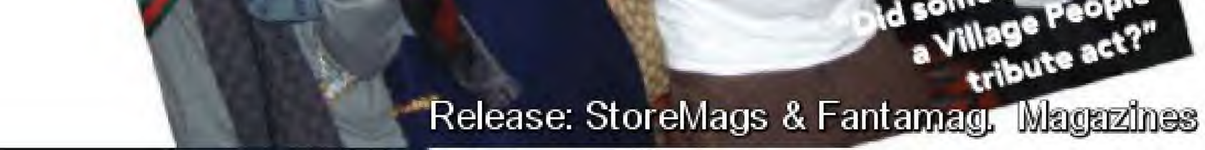
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NUTS INTERVIEW

Nuts EXCLUSIVE!

Dappy, Fazer and Tulisa on model aeroplanes, Simon Cowell and, er, wet willies!





"Did someone order a Village People tribute act?"

Hi N-Dubz! Simon Cowell says he'll help you break America. Are you ready to join his campaign for global domination?

Tulisa: No. That's a load of b*llocks. He didn't say that at all.

Dappy: Simon Cowell's well respectable. But he didn't help us do nothing.

Tulisa: We've said hello to him, that's about it.

OK. Do you reckon you'd be any good on The X Factor if you were on as contestants?

Dappy: I reckon we'd do well, yeah. We used to do some audition stuff back in the day and we used to win!

Fazer: We'd do well, but we'd do even better if we went on there to perform our own song in front of Simon.

Tulisa, you've said you're going to get plastic surgery when you're 30. Do you still feel the same way?

Tulisa: No, I said if I got wrinkles when I was 30, I'd have Botox.

Er... OK! How about you, Dappy and Fazer? If you got boob jobs, you'd never have to leave the house again, would you?

Tulisa: Ha-ha!

Fazer: So, is that what you'd do? If you had boobs, would you be sitting there groping your own boobs? Playing with your own boobs? Giving them a lick? [Mimes the act.]

Dappy: Yeah, we'd stay at home if we had boobs!

Fazer: I think I'd stay home out of embarrassment!

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Tulisa, you and Dappy are cousins. Are you kissing cousins?

Tulisa: You what? Definitely not!

Fazer: Do you think they were brought up on a farm? Is Dappy's mum his sister?

Dappy: The only time I'll grab Tulisa is if I need to save her from falling off a cliff or something.

Dappy, do you walk on the outside of the pavement to protect Tulisa from getting splashed by passing cars like a true gentleman would?

Tulisa: No. Dappy doesn't know about things like that. Dappy can't even remember to open the car door for me!

Tulisa, do Dappy and Fazer try to make you wear more hats?

Tulisa: No, they could never make me do anything!

Dappy: The only thing we can force her to do is to sing.

Tulisa: They can't even make me do that! I sing because I want to!

Dappy, what's a nice kind of hat for a lady to wear?

Dappy: A nice hat for a lady? A beanie. She can put her fringe at the front, her hair out of the side and her bob at the back.

You all went to school together. Did you use to give each other wedgies when you were young?

Tulisa: No, but we're always giving each other wet willies, where you lick your finger and stick it in someone's ear!

Dappy: When Tulisa does it, her fingers are so small, they're like little twigs. When Fazer does it, it goes in there and they're big and dirty and it's like... I've been officially wet willied!

Your last single was called *Best Behaviour*. Will you be minding your manners from now on?

Dappy: We already do! We don't argue any more. There comes a point when you think, "It's time to grow up!"

Fazer: We've always been grown up. But we've been spontaneous at the same time. When anything goes, mistakes happen.

You and Blazin' Squad – who'd win in a fight?

Dappy: Ah, don't even ask that!

All right. You and Blazin' Squad – who'd win if it came down to a game of Scrabble?

Tulisa: Me. I'm a Scrabble champ. I play all the time.

What are your tactics in street Scrabble? Do you score lots of points for using the word "innit"?

Tulisa: Save the big numbers and letters to get a super-tastic long word on a triple word score for the big points!

Dappy, we hear you like to crash model aeroplanes for fun.

Dappy: I'm into landing them nicely. Fazer crashes them.

Fazer: No way, you wrote off my last two planes!

Dappy: It was the wind!

How many model aeroplanes do you get through a week?

Dappy: About 12! But now we're great at them. We'll give you a demonstration some day!

Dappy, is it true you're going deaf? Would you like us to shout?

Dappy: I've got tinnitus, like when you come out of a rave and your ears are all messed up like the high-pitched TV test signal.

You should pull your hat down over your ears to protect them!

Tulisa: Yeah, use the flaps on it!

Thanks, N-Dubz! To show you our appreciation for meeting us today, *Nuts* has bought you some new hats!

Dappy: Woo! Can I try one on?

Fazer: [Passes over ridiculous builder's hat.] Chuck this on.

Dappy: Have I got this the right way round?

Fazer: Dappy looks like he's going to G-A-Y, man! Ha-ha!■

N-Dubz's album Love Live Life *is out now and the new single,* Girls, *is out on 13 December*

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INTERVIEW: RICH PELLEY PHOTOS: FABULOUS MAGAZINE/NEWS OF THE WORLD/NI SYNDICATION

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THE PREM'S GREATEST





20 Andrew Cole
Newcastle, Man Utd, Blackburn, Fulham, Man City, Portsmouth, Sunderland
1994: Nets 34 at Newcastle.
1995: Scores five goals in Man United's 9-0 stuffing of Ipswich.



19 Teddy Sheringham
Nottingham Forest, Spurs, Man Utd, Portsmouth, West Ham
1992: Scores first-ever Prem goal in match versus Liverpool.
2006: Scores a goal aged 40.



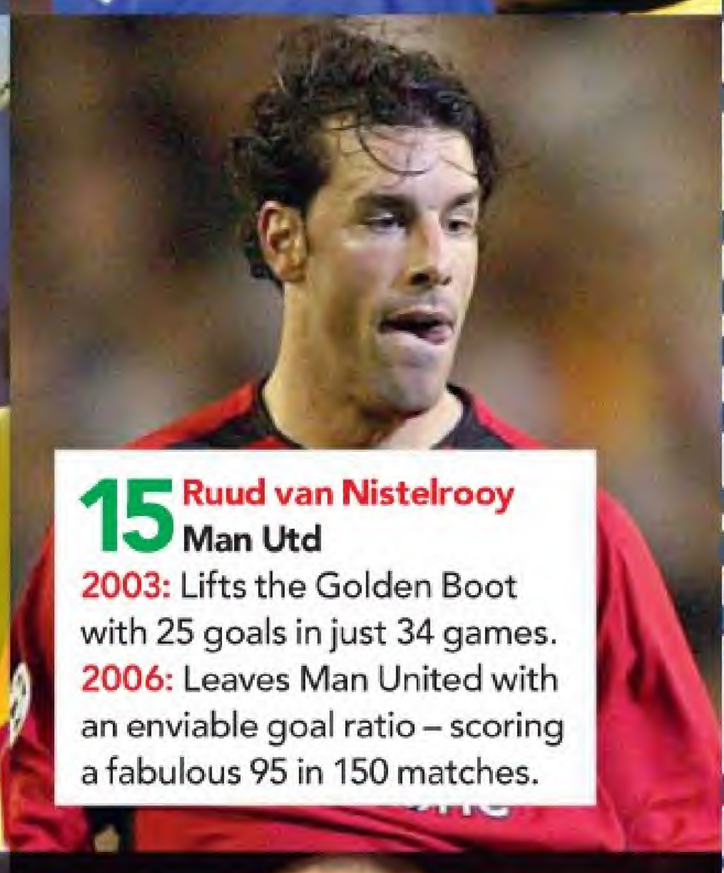
18 Fernando Torres
Liverpool
2007: Scores in his first game, then bags 24 goals – the most by a Prem player in a debut term.
2008: Successive hat-tricks against Boro and West Ham.



17 Didier Drogba Chelsea
2007: Wins the Premier League Golden Boot – a feat he'd go on to repeat in 2010.
2010: Continues to score more goals for Chelsea than any other foreign player.



16 David Seaman
Arsenal, Man City, Birmingham City, QPR
1998: Wins the league with Arsenal. Does same in 2002.
1999: Plays every match and concedes only 17 league goals.



15 Ruud van Nistelrooy
Man Utd
2003: Lifts the Golden Boot with 25 goals in just 34 games.
2006: Leaves Man United with an enviable goal ratio – scoring a fabulous 95 in 150 matches.



14 Ian Wright Arsenal, West Ham, Crystal Palace
1997: Knocks in 26 goals and becomes Arsenal's top scorer for sixth consecutive season.
1999: Signs off with 113 top-flight goals from 213 games.



13 Eric Cantona
Leeds Utd, Man Utd
1992: Scores the first Prem hat-trick – for Leeds in a 5-0 win.
1993: Becomes the first player to win back-to-back English top division titles with two clubs.

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12 Wayne Rooney Everton, Man Utd
He may have had a bit of a stinker so far this season – both on and off the pitch – but it seems Wazza is still a big favourite!
2002: At 16, he becomes the youngest Premier League scorer with a belter against Arsenal, ending their 30-match unbeaten run.
2004: Man United pay £25.6m for him – highest fee ever for a teen.
2010: Voted PFA Players' Player of the Year.

11 Roy Keane Nottingham Forest, Man Utd
Mean and a little bit mad, Keano always ruffled a few feathers during his trophy-laden career. And his interviews are still bonkers!
1993: Scores twice on his home debut against Sheffield United.
2000: PFA Players' Player of the Year.
2003: Wins seventh title with Man United.
2004: Is inducted into the English Football Hall of Fame.



10 Paul Scholes Man Utd
One-club and a one-of-a-kind type of player, Scholesy combines extravagant skills with a no-frills lifestyle. Take note, Diouf!
1997: Scores on his Premier League debut against Ipswich Town.
2008: Inducted into the English Football Hall of Fame
2009: Wins his ninth Premier League title.
2010: Now the second-highest scoring midfielder in Prem history.



9 Cristiano Ronaldo Man Utd
From show pony to thoroughbred in a few short years.
2005: Scores Man United's 1,000th goal in the Premier League.
2006: Named Player of the Month in consecutive months.
2007: Wins PFA Players' Player of the Year and PFA Young Player.
2008: Wins the Golden Boot with a whopping 31 goals.
2009: First Prem star to be crowned FIFA World Player of the Year.



8 Gianfranco Zola Chelsea
Small in stature but big on talent, Zola was the only player in English football whom Man United routinely man-marked.
1997: Is awarded the Football Writers' Player of the Year accolade – the only player ever to do so without playing a full season in the English league, and the first Chelsea player ever to win it.
2003: Is voted greatest-ever Chelsea player by the club's fans.➡

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7 Steven Gerrard Liverpool

He's one of Liverpool's favourite sons and a living legend!

2001: Scores a wonder-goal against fierce rivals Man United. Becomes PFA Young Player of the Year.

2006: Becomes the first Liverpool player since John Barnes in 1988 to be voted the PFA Player of the Year. Comes second behind Kenny Dalglish in the *100 Players Who Shook The Kop* poll.

KING OF KEEPERS!

6 Peter Schmeichel Man Utd, Aston Villa, Man City

This red-nosed goalie left countless strikers rather red-faced.

1997: Wins the "Save of the Decade" award.

1999: Leaves United with five Premier League titles to his name.

2001: While at Villa, scores the first goal by a Prem goalkeeper.

2003: Ends his career with the best clean sheets-to-games ratio in Premier League history, with 42 per cent.

4 Thierry Henry Arsenal

Bought as a winger but became the world's best striker!

2000: Scores a stunning long-range volley against Man United.

2004: Bags four in the 5-0 win at home to Leeds and helps Arsenal become the only team to stay unbeaten in Prem history.

2006: Becomes the only player to have won the Premier League Golden Boot on four occasions.

GOAL MACHINE!

3 Alan Shearer Blackburn Rovers, Newcastle

Not the most exciting pundit, but what a player!

1994: Scores 31 goals in 40 games for Blackburn.

1995: Wins the first of two PFA Players' Player of the Year Awards.

1997: Becomes first Prem player to win a hat-trick of Golden Boots.

2006: Ends his career as the all-time Prem top scorer with 260 goals. He also holds the record for the most hat-tricks (11).

WORDS: FRANK TE[illegible]YSON
PHOTOS: GETTY, P[illegible]HOTOS, ACTION IMAGES

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THE PREM'S GREATEST

GOLDEN BALLS!

5 David Beckham Man Utd
The most famous footballer on the planet. Bar none.
1996: After *MOTD*'s Alan Hansen says United "won't win anything with kids", Beckham stands out in this title-winning season, memorably scoring a goal from his own half against Wimbledon.
1999: Runner-up in FIFA's World Player of the Year award.
2003: Wins the last of his six Premier League titles.

WING COMMANDER!

2 Ryan Giggs Man Utd
The most decorated footballer in the British game!
1993: First to win consecutive PFA Young Player of the Year awards.
2005: Is inducted into the English Football Hall of Fame.
2009: Becomes the first and only player to win 11 Premier League titles. Awarded the PFA Player of the Year trophy.
2010: The only player to have scored in every season of the Prem.

YOUR GREATEST PLAYER EVER!

1 Dennis Bergkamp Arsenal
Mr Bergkamp, you aeroplane-phobic genius, we salute you!
1997: A stunning hat-trick against Leicester City earns him first, second and third places in *MOTD*'s Goal of the Month competition.
2004: Wins his third and final Premier League title.
2006: A home game against West Brom is dedicated to him.
2007: Inducted into the English Football Hall of Fame.■

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Florida Keys

Silly Place Names»

So stupid, you'll think we made them up!▼

Ferry Rd

Abberton Rd

A

Fingringhoe

Abberton Rd

EXIT 175

Big Bone Lick State Park

NEXT RIGHT

BATMAN

TASTY TOWN!

BIG BONE LICK, USA
Hilarious! Don't be fooled though. It gets its name from prehistoric bones and salty deposits (lick) found nearby.

BATMAN, TURKEY
In 2008, locals in this Turkish town tried to sue *Dark Knight* director Christopher Nolan for using the name "Batman". Mad!

TIGHTWAD, USA
A population of 63 and every one of them a Tightwad. Don't expect anyone to buy you a beer in this Missouri town!

45

CITY LIMIT

TIGHTWAD

POP. 63

CORNER SALOON

WANKER'S CORNER · OREGON

WANKER'S CORNER, USA
This isn't a haven for fans of "choking the chicken" – rather, it's a community named after the Wanker family. That's nice.

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A WARM WELCOME!

CLIMAX, USA

Here's a place that could come as a welcome relief. You can even ask the locals, "Excuse me, what the best way to Climax?"

HOOKER, USA

Imagine a town full of hookers. Big ones, small ones – all sizes. It's all thanks to Samuel Hooker, an early settler. Cheers, Sam!

FINGRINGHOE, ENGLAND

Fingringhoe is a wee village five miles from Colchester. Now, now – we don't want to hear any Essex-girl jokes!

INTERCOURSE, USA

It's lovely to see a sign telling you "Welcome to Intercourse". As you leave, is there another saying, "Please come again"?

DREADFUL DESTINATION!

SILLY, BELGIUM

You can just imagine the conversation: "So, where do you come from?" "Silly." "Er, sorry, mate – I only asked!"

SANDY BALLS, ENGLAND

Is this place a beach resort specifically for blokes who like to go all nudey? We have no interest in answering that! ■

WORDS: FRANK TENNYSON

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NUTS' SEXIEST NAKED PICS 2010!



Because it really has been a very good year indeed!

Forget all that stuff about mangers and goodwill to all men – if anything about the festive season is worth celebrating, it's *Nuts'* top ten naked moments of 2010. And who better to present the whole shebang of glorious nudity than the beauty that is Rosie Jones? ➡

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HOTTEST NUDES 2010

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Rosie Jones

"I love being naked – it's the way we were born! I'm using one hand to cover myself here, so it's lucky I didn't have to cover my boobs as well – I'd need four hands!"

Hi Rosie! How does it feel to present *Nuts'* Sexiest Naked Pictures of 2010? I've been naked in a lot of shoots this year, so I'm very proud to be showing off all these hot naked bodies!

What've you been up to in 2010? I've climbed a mountain, found my dream flat and done more shoots for *Nuts* than ever before!

You climbed a mountain? Yeah! Stacey Massey and me climbed Mount Toubkal in Morocco for charity. It was my 2010 highlight.

Crikey! What's been your naked highlight of 2010 then? All of the photo shoots where I've been nude with five or six other girls. They're always loads of fun!

Who was your hero of 2010? It'd have to be *The Inbetweeners*! I love them. I'd definitely have been friends with them at school!

I'm sure they wouldn't argue. What have you got planned for 2011? More *Nuts* shoots! I should be moving into my new flat soon, too. Oh, and I want to get a dog.

Fair enough. What's been your favourite picture this year? There are a few in my calendar that I really like. It was shot in London, so there are no beach pictures or anything, but I like them anyway. I think *Nuts* need to take me away to a sunny beach for some winter warmth.

We'll see what we can do! Have you got a favourite shoot of 2010? The Christmas shoots are always my favourite because there are always loads of other girls and it's the first thing that gets me excited for Christmas!

What about festive outfits? We hear you dressed up as a Spice Girl. Ha-ha! Yeah, it was for a birthday party. I was Ginger Spice, so I got a ginger wig, Union Jack dress and big shoes!

Nice! Have you ever been asked to dress up in the bedroom? I've never really been asked to do anything too weird like dress up as Miss Whiplash! *Nuts* always get me in saucy stuff on shoots though, which is great!

Thanks, Rosie! Finally, what's the kinkiest thing you haven't done? I've never been skinny-dipping! Maybe I'll make it my New Year's resolution to do that! ➡

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Holly Peers

"This was my first nude shoot and it happened in only my second-ever *Nuts* shoot! I like having tights or stockings on because they're my favourite when it comes to sexy underwear!"

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Lucy Pinder

"I love this picture because I think there's something that instantly makes you feel sexy when you're totally naked with nothing on but a fresh white cotton sheet. I reckon I feel sexier like this than in fancy underwear! I'm also a huge fan of that 'just got out of bed' look on girls. It's effortlessly hot!" ➡

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Sophie Howard

"This picture's about as naked as I've ever been in *Nuts*! I've got quite a look in my eyes as well. I think this is my 'Come to bed' expression. Everyone knows I have no problem being naked. This picture seems to sum that up!"

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Sophie Reade

"This is a lovely photo! I love being naked on *Nuts* shoots. This was a really sexy shoot because I was nude all day!" ➡

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FEATURE TITLE



Emma Glover

"I like this picture because I've been dedicating a lot of my time to growing my boobs using different food throughout the year. Chocolate pudding seems to be the most effective and I think this pic shows off my handiwork. *Nuts* readers can expect more of the same next year – bring on the G-cups!"

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India Reynolds

"This is a really sexy picture. I love that you can see my whole body as I look nice and tanned!" ➡

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Rhian Sugden

"I always think about certain people in a really naughty way to look sexy in a photo shoot – I'm not telling you who they are! I like implying I'm naked, too, rather than going the whole hog – there's always a little bit you need to leave for the bedroom!"

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Kelly Andrews

"I like being naked because it's a sense of freedom and getting back to what nature intended. And you can let your boobies free! I like this picture because my boobs just look like they're really enjoying being out!"■



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Nuts SPORT

TEXT PAGE BREAKS OFF THIS HEADSIDE!



Blackpool vs Ma

It's David versus Goliath in Saturday's teatime showdown! So just how

The gaffers



Ian Holloway

Honours won at the club: One (Play-off winners 2010)

Top quote: "If you're a burglar, it's no good poncing about outside somebody's house, looking good with your swag bag ready. Just get in there, burgle them and come out. I don't advocate doing that, it's just an analogy!"



Sir Alex Ferguson

Honours won at the club: 32 (11 Premier League titles, two Champions Leagues, five FA Cups, four League Cups, nine Community Shields & one World Club Championship)

Top quote: "My greatest challenge was knocking Liverpool off their f**king perch. You can print that!"

The squads

£23.6m



£325m

Big buys

£1m

Chris Basham



£30.75m

Dimitar Berbatov

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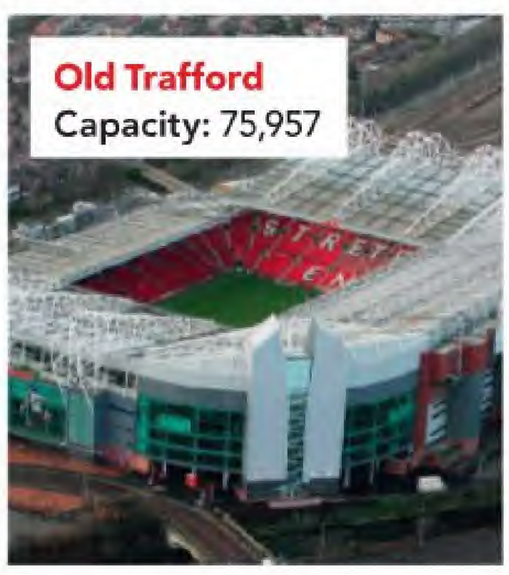
do the two clubs compare?

Blackpool vs Man Utd
Saturday, 5.30pm, ESPN/HD

Stadiums



Bloomfield Road
Capacity: 16,220



Old Trafford
Capacity: 75,957

Key men



Charlie Adam
£10,000 per week



Wayne Rooney
£250,000 per week

Major honours



Blackpool Three
(FA Cup winners 1953, Div 2 Champions, Football League Trophy winners)



Man United 58
(18 league titles, 11 FA Cups, four League Cups, three European Cups, 18 Community Shields, Cup Winners Cup, Super Cup, Intercontinental Cup, World Club Championship)

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KAMMY!



He's footy's funniest pundit – and he's only in *Nuts*!

ONLY IN Nuts!

"Ooh, Ray's coming – and he does *not* look happy with you!"

Roman needs to learn when to stay out of it!

I just can't believe what's been going on at Chelsea lately. How can a side that was cruising to another Premier League title suddenly manage to conjure up a mini-crisis when there was nothing wrong?

Well, I reckon the answer lies with their owner, Roman Abramovich, who has a bad habit of deciding every now and again to remind everyone he's in charge by making some controversial decisions – to the detriment of his own club.

The sacking of Ray Wilkins was a case in point. Not only did it undermine the manager Carlo Ancelotti, it also shook the players up to such an extent that they immediately lost their next two games, and the champions-elect were suddenly looking very ordinary. Nobody knows exactly why Wilkins got the chop, but he's a football man through and through, hugely respected throughout the game, and you simply don't treat a man like him in the way Chelsea did without expecting a backlash.

In my opinion, Ancelotti's men still boast the best squad in the league, but they've now created problems where there were none before, and while they've no doubt missed the influence of important players like Frank Lampard and John Terry, it seems the confidence that was flowing through the team from day one this season is definitely going to take a bit of time and effort to rebuild.

It's Mr Abramovich who has to carry the can for that, I'm afraid, but of course that's what spending £750million gives you – the ability to make the decisions you want, be they good, bad or just disastrous!

One thing the situation at Stamford Bridge has done is give us the most exciting and closest title race in years, with anything up to six sides likely to be still involved by May. You've got to love the Premier League!

"The confidence of the team will take time to rebuild!"

PHOTOS: ACTION MAGES, PA PHOTOS, GETTY

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KAMMY'S UNBELIEVABLE-OMETER™

UNBELIEVABLY GOOD!

LA LIGA LEGENDS!

How good are Cristiano Ronaldo and Lionel Messi at the moment? It's frightening! I'm loving watching them fight it out to be top dog in Spain!



UNBELIEVABLY BAD!



LAY OFF REFS!

Much as I give refs some stick, no one deserves what they've faced in Scotland. We need to remember we wouldn't have the game we love without refs!

KAMMY-ALIKE!



Hi Kammy! I saw this pic of Martin Halsall of the Sale Sharks doing Movember and it reminded me of you!

Colin, Bristol

Ha-ha! Good spot! I have to admit, there is a passing resemblance. I'm better looking, though – and my 'tache is better than his!

ME AND KAMMY CORNER!

LIFT & PEEL

Hi Kammy! Great to meet you in London. Thanks for the beer!

Andrzej Jasnikowski, via email

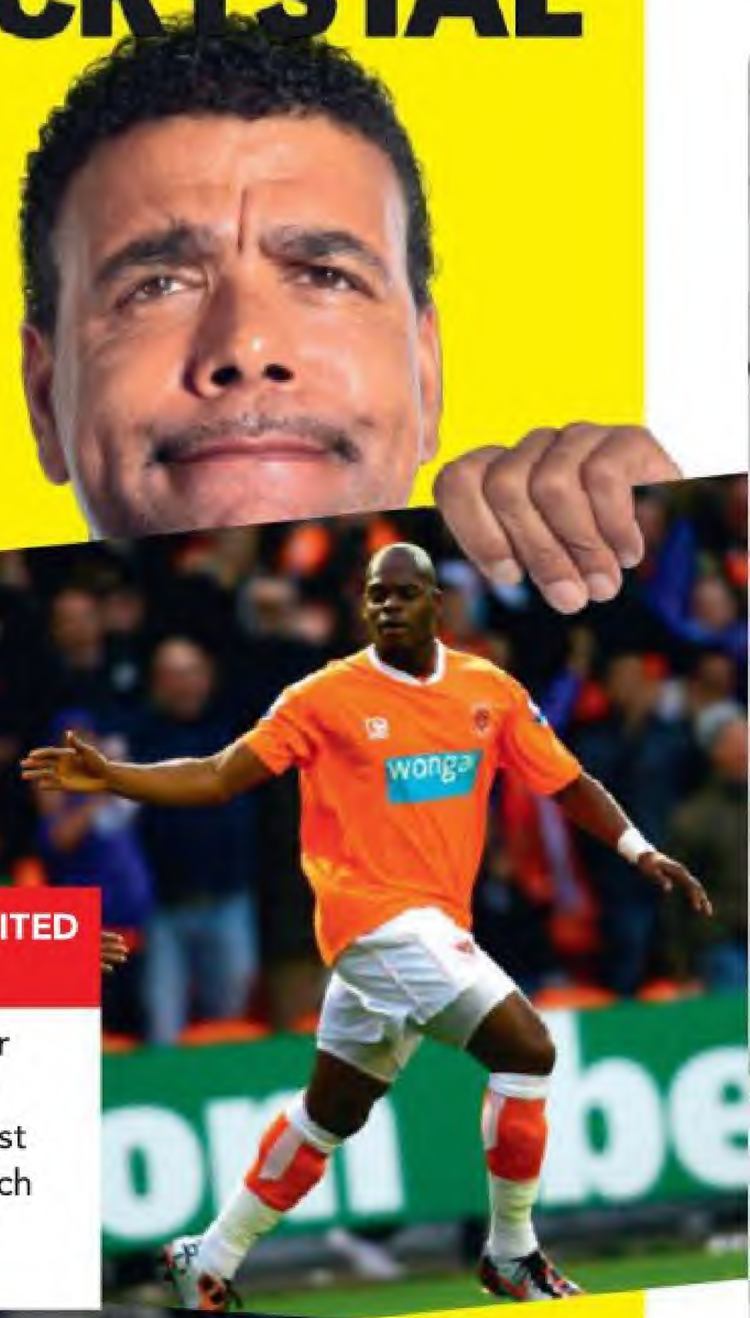


Kammy needs you!

Send Kammy your jokes, pics etc to **kammy@ipcmedia.com**. The sender of the best one each week will win a signed *Nuts* T-shirt!

CHRIS' CRYSTAL BALL!

Chris predicts the week's big games!



1 BLACKPOOL VS MAN UNITED
4 DEC, 5.30PM, ESPN

"This is a very tough game for Blackpool, even though they did well against Man City. I just think United will have too much for them in terms of quality."

KAMMY SAYS: 0-2



2 WEST BROM VS NEWCASTLE
5 DEC, 1.30PM, SKY SP 1/HD

"West Brom have really struggled of late and have slid down the table. I think they're decent at home, but Andy Carroll's always likely to bag a goal for the Toon."

KAMMY SAYS: 1-1



3 LIVERPOOL VS ASTON VILLA
6 DEC, 8PM, SKY SP 1/HD

"It'll be fascinating to watch Gerard Houllier return to his former home of Anfield, but Liverpool are turning a corner and Villa simply don't travel well."

KAMMY SAYS: 2-1

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Football's top tantrums!

They've spat their diamond-encrusted dummies out!

We're not sure when footballers turned into such big girls, but this year's been the worst for on-pitch hissy fits we can remember! Here are some of the worst culprits from around the footy world...



"Oi, you... I love what you've done with your hair!"

PUNCHY FELLA!

BARTON BATTERS PEDERSEN

Newcastle vs Blackburn, Premier League

Following a barely-there brush of the shoulder, the "reformed" Newcastle hardman spins on his heel, charges up to Blackburn's midfielder and punches him in the chest. The ref missed it but Joey was suspended by the FA.

BABY RATING: 👶👶

"Grab a partner, the next song's about to start!"

QUICK BITE!

SUAREZ HAS A LITTLE NIBBLE

Ajax vs PSV Eindhoven, Dutch Premier League

Ajax striker Luis Suarez brought something new to the world of footy tantrums recently when he chomped down on the shoulder of PSV's Otman Bakkal during a game. The Dutch FA banned the Uruguayan for seven games!

BABY RATING: 👶👶👶



"I said black really suits you!"

MOYES GOES MENTAL

Everton vs Man United, Premier League

Everton were pushing for a winner when ref Martin Atkinson blew the final whistle. Convinced his men were about to score, Toffees boss Moyes stormed onto the pitch and blew his top, resulting in an £8,000 fine!

BABY RATING: 👶👶👶



"I'm just saying I have *Love Actually* back at the hotel!"

ETO'O DOES A ZIDANE

Chievo vs Inter, Serie A

After a foul and a loose hand to the face from Chievo defender Bostjan Cesar, the red mist descended and Eto'o delivered a running head-butt to Cesar! The ref missed the incident but the Italian FA banned him for three games and fined him £30k!

BABY RATING: 👶👶

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HISSY FIT!

RONALDO'S RAGE
Portugal vs Spain, International friendly
Captain Ronaldo's side may have won 4-0 in the end, but with the score at 0-0, a perfectly good – and genius – individual effort from Ronnie was ruled out. Cue a bout of rage not seen since Gillian went on *I'm A Celebrity*!
BABY RATING:

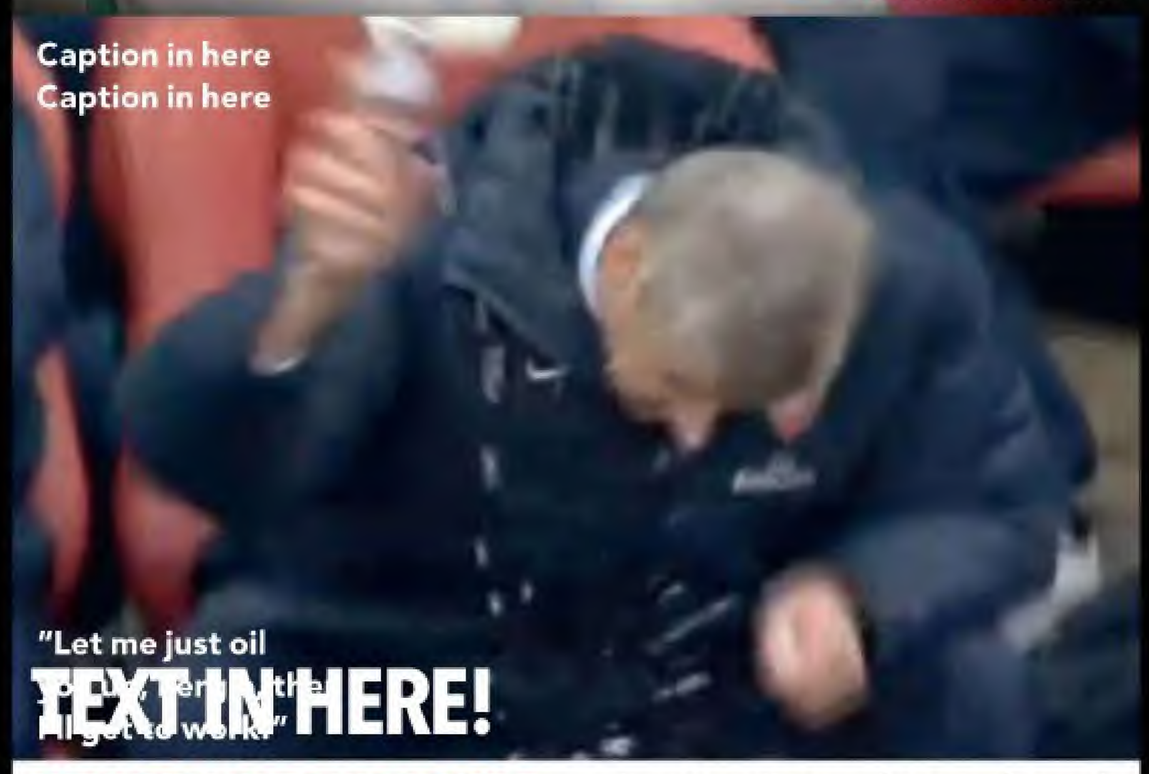
"I wanted Aiden Grimshaw to win!"

LES SULKS!



"Yay! Bath time!"

FRANCE'S WORLD CUP
South Africa 2010
Zero points, players refusing to train, Anelka getting sent home and French footy's vice-president describing the whole situation as "catastrophic" – this year's World Cup in South Africa was one to forget for Les Bleus. Still, hilarious for the rest of us!
BABY RATING:



WENGER LOSES HIS BOTTLE
Arsenal vs Spurs, Premier League
When the Gunners – who'd been leading 2-0 at half-time – conceded a late goal to hand victory to Spurs, the usually cool Arsenal boss totally lost it with his water bottle, and soaked his own shoes in the process. Nice!
BABY RATING:

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NUTS ABOUT SPORT!

Funny goings-on in the wonderful world of sport!

Send pics, chants etc to tim_bradley@ipcmedia.com

international MAN LOVE



When you're as short (in basketball terms) as Indiana Pacers star Darren Collison, you always run the risk of staring at another man's danglies. But does Zydrunas Ilgauskas have to look so happy?



Is this a recognised Greco-Roman wrestling move? Uzbekistan's Saldadze Besiki (left) looks pretty tough to us, so we won't bother asking exactly what he's doing to Japan's Fujirama Tsutomu.



Spare a thought for American Paul Williams here, because Sergio Martinez has knocked him about as clean out as it's possible to get. If you're wondering where Paul is now, try the middle of next week!

SPORT ALIKES!





One look at this pic of Phoenix Coyotes star Derek Morris being smashed clean over a wall by Chicago Blackhawk Bryan Bicknell is enough to convince us ice hockey's not for us. We can't even skate!

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Football seen through the *Nuts* comedy glasses!

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MAN-L♥VE CORNER!

DIGNIFIED!



"Ow, my eye! Who threw that?"

CHILLY WILLY!



"Yes, my penis is an odd shape, isn't it?"

HIDE 'N' SEEK?



"This suit of armour's rubbish!"

CLEVER JENS!



"I can't phone a friend – I don't have any!"

HOP ON!



"Here comes the pink choo-choo!"

IN A CLINCH!



"Get him off me!"

THREEWAY!



"Hey! Group sex is going to cost you extra, OK?"

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Nuts PROMOTION

Nuts Poker School

This week: the lingo

Right now, the PKR *Nuts* Poker Room is *the* place to be on the interweb. But if you're new to the game of Texas Hold 'Em, some of the lingo you're hearing may have you a bit flummoxed. Luckily, we're here to help! Peruse our handy guide to poker's most-used words and phrases and you'll soon be able to tell a flop from a fold. Remember, play more, learn more!

1. All-In

When a player bets all of his chips on one hand, he's "all-in".

2. Big Blind/ Small Blind

The two players to the left of the dealer *always* have to stump up a specific wager before each hand starts. This ensures there's always money in each hand. The small blind is always half the big blind.

3. Call

If one of your opponents makes a bet, you can "call" it – which means you're matching their bet.

4. Check

When you "check" your hand, you're not betting or folding, you're just passing to the next person for their move. Just remember, this can only be done if no one has bet ahead of you.

5. Flop

The first three community, or "shared", cards dealt face-up.

6. Fold

Rubbish hand? Then throw away, or "fold", your cards. You may also hear opponents about to fold say they're "mucking" their hand.

7. Raising

Increasing the size of the bet to stay in that hand. The raise normally has to be the same as, or higher, than the opening bet or previous raise – if there was one.

8. The River

The all-important river card (sometimes known as "fifth street") is the final community card dealt by the dealer.

9. The Turn

The turn card, also referred to as "fourth street", is the fourth of five community cards that are dealt face-up by the dealer.

10. Hole Cards

Only seen by you, these are the two cards you start a hand with.



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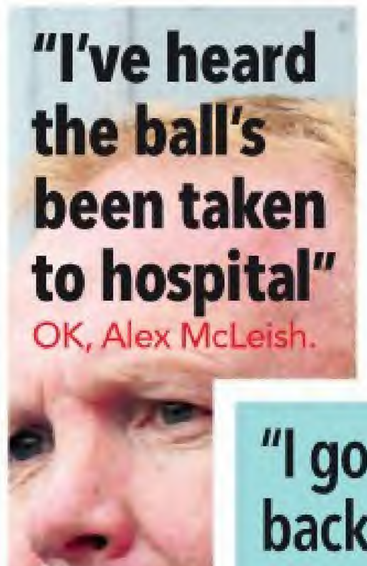
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'QUOTE ME ON THAT!'

This week's biggest match debaters!

"I've heard the ball's been taken to hospital"
OK, Alex McLeish.

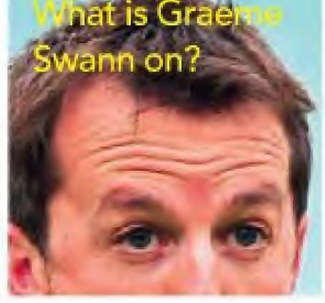




"Our wait for a win has been like a 20-month pregnancy"
Avram Grant can't force it out.

"I go back to my room at night and smile like a lunatic and bounce off the walls"
What is Graeme Swann on?





"Gareth Bale played the ball in sunny side up"
Glenn Hoddle's talking tosh.



"All afternoon, our defenders were heading headers"
You don't say, Ben Foster.

"I've got special blood"
Jermaine Defoe thinks he's royalty.





"I think Roy Hodgson will get a period"
Iain Dowie predicts mood swings for the Liverpool boss.

"I'm going to the training ground to say, 'This is how you play sh*t and win games!'" MM
Mick McCarthy's got a cunning new plan.

"The single one thing that gives players confidence is winning. Drawing and winning"
That's two things, Nigel Clough.



"At home you want someone to make a Paul Scholes"
Graeme Souness on his strange domestic life.



'OO-ER SOUNDS A BIT RUDE' CORNER!

"Jordan Henderson always felt like he had someone up his backside"
Tony Cottee's rude.

"Delfouneso has come all over the defender"
Messy, Charlie Nicholas.

"I need to tweak it to finish it off"
We know how you feel, Harry Redknapp.



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Nuts REAL GIRLS

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BEDROOM BABE!





Rachael 20, Crowborough, dancer

"I'm not into going out for meals, so a night in with a DVD and a bottle of wine will do for me. And maybe some extras!"

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"I love how my curvy back makes my booty pop out!"

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gambleaware.co.uk

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BEDROOM BABES!

Vote for your favourite – and she'll star in *Nuts*!

Vote for your favourite at **www.nuts.co.uk/girls**

Ladies, send us your pictures! Send your photos to Real Girls UK, *Nuts*, 4th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark Street, London SE1 0SU. Or email nutsgirls@ipcmedia.com. You must be at least 18 years old.

ONLY IN Nuts!

Janine
23, Glasgow, make-up artist
"If you want to be with me, you have to be able to make me laugh – and be good in bed!"

Victoria
22, Spalding, fitness instructor
"I'd give a bloke a night to remember with some flirting, then lots of sexy dancing!"

Siobhan
23, Eastleigh, lifeguard
"I'd love to spread chocolate all over my man's body, then spend a few hours licking it off!"

Jessika
20, Blackburn, pharmacist
"I love my boobs, and I've been told on more than one occasion I have a very peachy bum!"

PAGE 66-67. PHOTOS: PAUL MUSSO
STYLING: GEORGIA LACEY. HAIR & MAKE-UP: SAM CAREW

Vote now to see more of your favourite girl!

The winner gets her own Bedroom Babes shoot in a future issue of *Nuts*!
Choose the girl you think is the hottest, go to **www.nuts.co.uk/girls**, click on the "Bedroom Babes" bit and vote for her. It's as simple as that!

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REAL GIRLS, REAL PLACES!

ONLY IN Nuts!

Ladies, would you like *Nuts* to hang out with you for the day? Email a photo and a bit of info about yourself to nutsgirls@ipcmedia.com or write to Real Girls UK at the address on page 60. You must be at least 18 years old.

THIS WEEK:
Name: Sophia
Age: 22
Boobs: 32C. "I love them! I'm all-natural!"
Likes: "Manly boys!"
Have you ever kissed a girl? "Yeah, all the time!"
Strangest place you've had sex? "In a cinema!"
Sex tip: "Nibble my ears!"

Sophia's sexy guide to Kew

Nuts meets another London lovely!





Sophia on... her bed!

"I work late, so I sleep in late as well. I can cuddle for a bit but then you have to move to the edge of the bed because I need to sleep like a starfish!"



Sophia on... getting ready!

"It takes me 20 minutes to get ready. Some of my friends take six hours – I don't understand! I put my make-up on and do my hair, then I'm ready to go!"



Sophia on... her home!

"I'm originally from Dundee, which is very different to south-west London. Kew's full of old people so I go to central London for a big night out!"

Sophia on... drinking!

"I like a nice drink but I don't get too drunk on a night out. I like cocktails. I can drink quite a few! I'm Scottish, remember, so I've got a high tolerance!"

PHOTOS: ELLIS O'BRIEN

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"I kiss girls all the time!"

Sophia on... being naked!

"I normally walk around naked in my flat, although I recently realised you can see everything from outside. I'll have to be a bit more careful from now on!"

Sophia on... her boobs!

"I'm a 32C. They're not that big but they're real! I'm quite sophisticated when I go out, so I wear nice dresses that cover everything down to my knees."

Sophia on... eating well!

"I'll go a whole week without eating any junk food, but then I'll have one day when I pig out and eat crisps, cheesecake and chocolate biscuits. Mmm!"

Sophia on... her clothes!

"I've got two wardrobes filled with shoes, underwear and clothes. I can't get enough! I buy a new pair of shoes and a set of underwear every week!"

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HEAVYWEIGHT SHOWDOWN



BOB SAPP

VERSUS

STAV ECONOMOU

BAMMA 5

SATURDAY

DECEMBER 4TH 2010

METRO RADIO ARENA

NEWCASTLE

TICKETS, TRAVEL AND HOTEL PACKAGES AVAILABLE FROM

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LADIES CONFESS! TO OUR SECRETARY!

100% REAL STORIES!





CONFESSION OF THE WEEK!

'I gave him a treat at work'

I recently started working in an office on an industrial estate and it's next door to a mechanic's, where a really hot guy works. After weeks of flirting, he invited me over for coffee and a sandwich one day. It was dirty, oily and smelled of engines in the workshop but it actually turned me on. He started showing me around, then told me the other boys were out on a job, which I took to mean one thing. As I bent over a car bonnet to tease him, he pressed against me and I could feel he was hard, so I turned around, sank to my knees and took him in my mouth. As I licked and sucked his balls, his legs went stiff and I knew he was about to come so I looked up and gave him a cheeky wink just as he shot his load.

Teresa, Birmingham

'I could feel my orgasm coming'

In the summer, we were invited by my fella's brother and his wife to go for a Sunday walk in the forest with them both. Long countryside walks aren't usually our kind of thing, but it was a nice, sunny day, so we agreed. Halfway through, we decided we didn't want to go any deeper into the woods, so we agreed to meet them back at the car. As soon as we were alone, he pulled me close and kissed me. He was really passionate and before long, one thing led to another and we decided to have some fun. He laid his coat down on some leaves and got his jeans halfway down. I climbed on top and rode away, holding onto a tree trunk for support. My clit was rubbing against him and I could feel my orgasm coming. He started moaning, which tipped me over the edge and I began screaming out in delight. When we rejoined his brother and wife by the car, I think they knew what we'd been up to but never asked!

Paula, Dagenham

'He had a huge grin on his face'

My boyfriend and I have just been on holiday to Mexico for two weeks and it was the nicest holiday we've ever been on. Not only was the weather amazing every day, but the resort we stayed in was out of this world. Everything was included and the pool and beach were perfect. One morning, we went for an early walk together to watch the sunrise. I spotted a wooden sun umbrella that was broken and lying in the sand. I grabbed my man's hand and pulled him behind it. He had my bikini bottoms off in seconds and his tongue began to explore. I rubbed my nipples and squeezed them tightly as his tongue went deeper inside me. I grabbed his head and pushed him down even deeper just as I exploded. He had a huge grin on his face afterwards as I lay trying to catch my breath in the sand. We spent most of the rest of our holiday together exchanging oral techniques!

Lisa, Leeds

'I had the urge to be ravished'

My new man was taking me out for dinner the other night, but arrived at my place early, so I told him to wait in the lounge. I'd done my hair and make-up already and just needed to stick some nice clothes on. As I stood in front of my mirror, pulling on my hold-ups, I suddenly had the urge to be ravished. I put my high heels on and wandered into the room announcing I was ready. He took one look at me in my undies and was up in seconds. I walked into the kitchen with him right behind me. His hands were soon around my waist as he sexily licked my neck. He lifted me up onto the worktop and pulled my knickers to the side. He teased me with his tongue for ages, but I wanted more. I led him to my bedroom, but we didn't get there and ended up doing it on the stairs. It was hot and steamy, and we still made our dinner reservation on time!

Emma, Dorchester

Win £50!



Ladies, send your raunchiest confessions to louise_prior@ipcmedia.com or to the address on page 60. The best one each week* wins £50! Come on, girls!

*EDITOR'S DECISION IS FINAL. TERMS AND CONDITIONS ON PAGE 60 APPLY

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Nuts FASHION

Your gran'll never know it's not the one she knitted you!

FASHION: SARAH COOK PHOTOS: JIM LINCOLN

Chunky knits



PEOPLE'S MARKET £80
If you don't want too much colour, this one will do the trick.

DIESEL £130
Splash out on this cracking jumper.

TOPMAN £42
Don't be scared of cardigans, this one from Topman is spot on.

HOWICK £75
Super-chunky with nice buttons all the way up the collar.

STOCKISTS: TOPMAN: WWW.TOPMAN.COM. **NEXT:** WWW.NEXT.CO.UK. **FRENCH CONNECTION:** 020 7036 7200. **BLUE INC:** WWW.BLUEINC.CO.UK. **ESPRIT:** WWW.ESPRIT.CO.UK. **PEOPLE'S MARKET:** WWW.PEOPLES-MARKET.C

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EDC BY ESPRIT £55
We love the toggle details on this jumper.

NEXT £50
The hood's sure to keep the chill out.

MANTARAY AT DEBENHAMS £80
This super-chunky jumper will keep you really toasty.

BLUE INC £37
This jumper's light on the pocket and looks great!

RIVER ISLAND £40
Brighten up your winter wardrobe with this ace knitwear.

FRENCH CONNECTION £90
A great all-rounder for the footy or the pub.

OM. **RIVER ISLAND:** WWW.RIVERISLAND.COM. **MANTARAY:** WWW.DEBENHAMS.COM. **DIESEL & HOWICK:** WWW.HOUSEOFFRASER.CO.UK.

5 CHRISTMAS GIFT SETS



LYNX RISE TRIO £8
This citrus-scented trio of body spray and shower gels will always go down well, be it with your little bro or your best mate.
Stockists: Boots.co.uk



GILLETTE FUSION GROOMING BOX £10
Any bloke would be happy with this box of treats. You get a Fusion razor, shaving gel and anti-perspirant. Sorted!
Stockists: Boots.co.uk



4711 DUO SET £11
This one's adaptable – give it to your Dad or your Gramps and they'll love it. It's a wee bottle of scent and some fragrant wipes. Job done!
Stockist: 0870 850 3868



L'OREAL MEN EXPERT HYDRA ENERGETIC WASHBAG £20
You get an ice-cool eye roll-on, which'll help hide the festive hangovers, and some moisturiser to sort out your skin. Plus a bonus washbag!
Stockists: Boots.co.uk



LIZ EARLE ULTIMATE MEN'S CHRISTMAS £52
This posh gift set's full of lotions and potions to keep you smelling and looking sharp as you like. Ask the missus to buy this as a treat for you!
Stockists: lizearle.com

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Nuts REVIEWS

GAMES!



1994's *Donkey Kong Country* sold over eight million copies

DONKEY KONG COUNTRY RETURNS
NINTENDO WII



Scrolling 2D platformer that plays like the Noughties and *Call Of Duty* never happened. And that's no bad thing!

The gameplay's beautifully crafted throughout, as the big old ape Donkey Kong rampages through fun, perfectly judged levels with only his huge fists and tiny pal Diddy for company. Essential purchase for Wii owners. ★★★★★



PAC MAN CHAMP EDITION
PS NETWORK, XBOX LIVE ARCADE

Brilliantly cool HD take on the classic arcade game adds loads of new stuff, like sleeping ghosts that wake as you pass and conga-line your escaping behind. Impossibly addictive! ★★★★★



RAGE HD
IPHONE, IPOD TOUCH, IPAD



On-rails shooter that's a bit flimsy, length-wise, but is awesome in every other way. The best looking game to hit the iThings. ★★★★

APPS!



THE GOOD PUB GUIDE 2011
IPHONE, IPOD TOUCH

Seriously ace app with recommendations and reviews of over 5,000 watering holes, and detailed maps of where to find 'em! What's not to love? ★★★★★

DOM JOLY
IPHONE, IPOD TOUCH, IPAD



The *I'm A Celebrity...* star provides exclusive photos and stories from the Australian jungle, as well as loads of ace prank-related stuff. ★★★★

DVDS/BLU-RAY!



Bruce Willis was considered for the role of Hannibal

THE A-TEAM
BLU-RAY & DVD CERT 12



Ace! It's the utterly overblown reboot of the '80s classic! Liam Neeson stars as Hannibal, Bradley Cooper is Face, Sharlto Copley is Murdock and nutty UFC man Rampage Jackson is BA Baracus, and together they're a group of framed Iraq War veterans out to clear their name with the US military. Stick your brain firmly into neutral and enjoy! ★★★★

THE WORLD ACCORDING TO RUSSELL BRAND
DVD CERT 18



Breathlessly paced ranting from the mad-haired comic, featuring the best bits of Mr Katy Perry's previous DVDs. ★★★★

DEXTER: SEASON 4
DVD CERT 18



The fourth series of the drama, with Dexter now a responsible hubby and doting dad, but with that usual love of killing! ★★★★

SPLICE
DVD & BLU-RAY CERT 15



Silly horror starring Adrien Brody and Sarah Polley as two scientists splicing human and animal DNA, leading to carnage. ★★★

MUSIC!



VARIOUS ARTISTS
SUPERCLUB



Gatecrasher, Cream and Pacha team up for a dance comp featuring the most massive choons from each respective club. Great, if you like that kind of thing! ★★★★

N-DUBZ
LOVE LIVE LIFE



The trio are back with more poppy R'n'B that, on occasion, like sex anthem *Scream My Name*, nudges genius. Not a word we'd associate with Dappy! ★★★

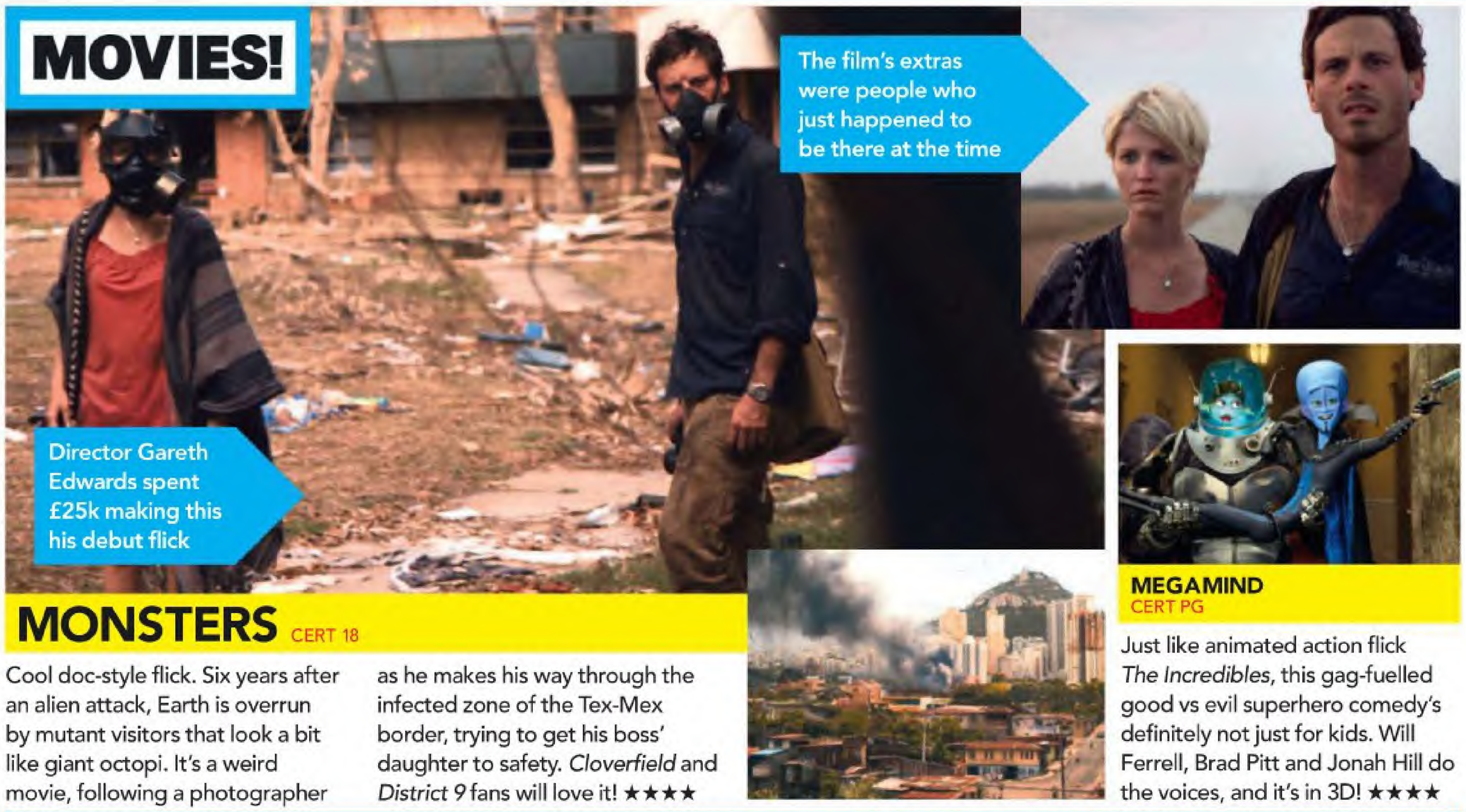
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REVIEWS: DAN BRIGHTMORE, MIKE HALL, PETE CASHMORE, RORY BUCKERIDGE
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The latest action-packed releases!

Ratings: ★★★★★ Genius ★★★★ Very good ★★★ Investigate ★★ Alright ★ Rubbish

MOVIES!



MONSTERS CERT 18

Cool doc-style flick. Six years after an alien attack, Earth is overrun by mutant visitors that look a bit like giant octopi. It's a weird movie, following a photographer as he makes his way through the infected zone of the Tex-Mex border, trying to get his boss' daughter to safety. *Cloverfield* and *District 9* fans will love it! ★★★★

MEGAMIND CERT PG

Just like animated action flick *The Incredibles*, this gag-fuelled good vs evil superhero comedy's definitely not just for kids. Will Ferrell, Brad Pitt and Jonah Hill do the voices, and it's in 3D! ★★★★

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Nuts TV

Seven days of brilliant telly for blokes!



TV PICK OF THE WEEK!

WEDNESDAY!

Movie magic!

Inception, Sky Box Office/HD, from 6am

The film of the year comes to your screens as Leo DiCaprio (above) and his mates enter a dream world and… just watch it!

6am

BBC ONE

6.00am Breakfast **9.15** Rip Off Britain **10.00** Homes Under the Hammer (R) **11.00** Real Rescues **11.45** To Buy or Not to Buy **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Missing (R) **3.00** BBC News, Weather, Regional News **3.05** CBBC **5.15** Weakest Link (R) **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

BBC TWO

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.30** Animal Park (R) **12.00noon** Daily Politics **12.30pm** GMT with George Alagiah **1.00** Due South (R) **1.45** Car Booty: *Raising money for a nursery.* (R) **2.15** Ready Steady Cook (R) **3.00** Murder, She Wrote (R) **3.45** Flog It! Ten of the Best **4.30** Pointless (R) **5.15** The Hairy Bikers' Cook Off **6.00** Eggheads (R) **6.30** Strictly Come Dancing – It Takes Two

itv 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning: *With Dara O Briain.* **12.30pm** Loose Women **1.30** ITV News **1.55** Regional News, Weather **2.00** House Gift **3.00** Dickinson's Real Deal (R) **4.00** Midsomer Murders (R) **5.00** The Alan Titchmarsh Show **6.00** Regional News, Weather **6.30** ITV News

7pm

7.00 The One Show
Topical stories.

8.00 EastEnders
Tensions mount between the Beales and Masoods. Fight, fight, fight!

8.30 QI
Noggin-hurting questions with guests Rob Brydon and Fred MacAulay.

9.00 Michael McIntyre: Hello Wembley!
MUST-SEE Stand-up comedy from Wembley Arena.

10.00 BBC News, Weather

10.35 The Graham Norton Show
The host is joined by actor Jack Black. Hmm, we might even be tempted to tune in. What's that? Justin Bieber's on as well? We'll give it a miss then. As you were.

11.20 The National Lottery Draws
Presented by *Nuts'* mate OJ Borg.

11.30 Primeval
PREMIERE Horror starring Dominic Purcell.

7.00 Edwardian Farm
The hardships of winter take their toll. Tell us about it – we're freezing! (R)

8.00 Mastermind
John Humphrys asks more people tricky questions as they sit in the scary chair.

8.30 Britain by Bike
Pedalling pants.

9.00 John Sergeant on Tracks of Empire
The broadcaster and notoriously rubbish dancer explores India's railway network.

10.00 The Stephen K Amos Show
The comedian reveals why he'll never play James Bond.

10.30 Newsnight

11.00 The Review Show
Ace new film *Monsters*, and more of the week's cultural highlights.

11.50 Spider
FILM Dark psychological thriller starring Ralph Fiennes. Decent, but makes for grim viewing.

7.00 Emmerdale
John goes to extreme lengths to understand Holly's addiction, asking her to share a wrap of heroin with him. Something tells us this won't end well.

7.30 Coronation Street

8.00 Countrywise Kitchen
NEW Paul Heiney visits a sheep farm in Cumbria. Baa!

8.30 I'm a Celebrity Get Me Out of Here!
More critter-confronting antics.

10.00 ITV News, Weather

10.35 The Interpreter
FILM A UN translator claims to have uncovered a plot to assassinate an African head of state.

12.55am The Zone

1am

1.05am Sign Zone: Lost Land of the Tiger (R) **2.05** Horizon: Back from the Dead (R) **3.05** The Classroom Experiment (R) **4.05-6.00am** BBC News

1.25-4.05am BBC News

3.00 FILM The Life of David Gale: *Crime thriller starring Kevin Spacey and Kate Winslet.* **5.05-5.30am** ITV Nightscreen

REGIONAL VARIATIONS

BBC2 SCOTLAND: 7.00pm Landward **7.30** Eòrpa **BBC2 NORTHERN IRELAND: 7.00pm** LIVE Ulster Rugby: *Ulster vs Newport-Gwent Dragons, kick-off 7.05pm.* **10.00** LOL **BBC2 WALES: 7.00pm** LIVE Scrum V: *Scarlets vs Leinster, kick-off 7.05pm.* **9.00** SPORT Sport Wales **9.30pm** John Sergeant on Tracks of Empire **STV: 8.00pm** Postcode Challenge **10.30** SPORT STV Sports Centre: Friday Night Football: *Including a preview of the weekend's big matches.* **11.00** STV News and Weather **11.15** Swingtown **12.05am** Brain Box **1.00** The Jeremy Kyle Show: *Shouty antics.* **2.00-5.30am** The Nightshift

TODAY'S SPORT

sky SPORTS 1

6.00am LIVE Cricket: *The first day of the second Test between Australia and England at the Adelaide Oval.* (HD) **8.00** Football (HD) **9.00** Ringside (HD) **10.00** Cricket (HD) **11.00** Football (HD) **12.00noon** Ringside (HD) **1.00pm** LIVE Darts: *The opening day of the PDC World Cup.* (HD) **5.00** World Sport **5.30** Premier League World (HD) **6.00** Football League Weekend (HD) **7.00** Sky Sports News at Seven (HD) **7.30** Premier League Preview (HD) **8.00** Cricket (HD) **10.00** Take It Like a Fan **10.30** Football League Weekend (HD) **11.30-6.00am** LIVE Cricket: *The first day of the second Test between Australia and England. Come on England!* (HD)

sky SPORTS 2

6.00am Good Morning Sports Fans (HD) **9.00** Premier League World (HD) **9.30** ATP Tour Uncovered **10.00** The Rugby Club (HD) **11.00** Racing News **11.30** Aerobics **12.00noon** American Football (HD) **1.30pm** FEI Equestrian World **2.00** Cricket (HD) **3.00** Ringside (HD) **4.00** NFL: Total Access (HD) **5.00** Cricket (HD) **6.00** Tight Lines **7.00** LIVE Darts: *The PDC World Cup at the Rainton Meadows Arena.* (HD) **11.00** World Sport **11.30** Premier League Preview (HD) **12.00m't** Ice Hockey **1.00am** Rugby Union (HD) **2.00** NFL: Total Access (HD) **3.00** American Football (HD) **4.30** Rugby Union (HD) **5.30-6.00am** World Sport

ON DIGITAL, SATEL

FILM4 (315)
6.55pm Another Stakeout: *Comedy adventure sequel.* **9.00** In Bruges: *Dark comedy thriller.* **11.10** Final Destination 3: *Horror sequel.* **12.55-3.20am** Talk to Her: *Spanish romantic drama.*

COMEDY CENTRAL (126)
6.00pm Two and a Half Men **7.30** Mike & Molly **8.00** FILM Maid in Manhattan: *Romantic comedy with Jennifer Lopez and Ralph Fiennes.* **10.00** Peter Kay at the Comedy Store **10.30** Michael McIntyre: Live & Laughing **11.50** Comedy Central at the Comedy Store **12.20am** South

ESPN

6.45pm Premier League Preview **7.15** Italian Football **7.45** LIVE Italian Football **9.45** Bundesliga **11.30** UFC **12.30am** Premier League World **1.00** LIVE Basketball **3.30** ESPN Kicks Extra **3.45** UFC **4.45-5.30am** MMA

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3 DECEMBER FRIDAY

FULL 7 DAY TV GUIDE!

4

5.55am Countdown (R) **6.40** The Treacle People (R) **6.50** Yo Gabba Gabba (R) **7.15** Freshly Squeezed **7.45** Everybody Loves Raymond (R) **8.40** Frasier (R) **9.10** According to Jim (R) **9.40** Friends (R) **10.10** One Tree Hill **11.05** Smallville **12.00noon** Channel 4 News Summary **12.05pm** Supernanny USA (R) **1.00** FILM Those Magnificent Men in Their Flying Machines: *Comedy adventure.* **3.25** Countdown **4.10** Deal or No Deal **5.00** Come Dine with Me **5.30** Four in a Bed **6.00** The Simpsons **6.30** Hollyoaks

7.00 News

7.25 4thought.tv

7.30 Freaks of Nature (R)

8.00 Come Dine with Me

9.00 The Event
President Martinez interrogates Michael.

10.00 Peep Show
MUST-SEE Mark forms a club with Gerrard.

10.30 Robert's Web

11.05 Frankie Boyle's Tramadol Nights
The comedian picks apart aspects of modern life with some top ranting. (R)

11.40 The Morgana Show (R)

12.10am Music on 4: Adele: Video Exclusive

12.15 Mercury Prize Sessions: The Coral

12.30 Live at Russian Standard Originals
NEW Brit singer and rapper Plan B performs in Edinburgh.

1.00 On Track (R) **1.15** FILM Pushing Tin: *Comedy starring John Cusack.* **3.25** King of the Hill **3.45** This Week's 4Music Top 20 **5.35-6.20am** Countdown (R)

FIVE

6.00am Milkshake! **9.15** The Wright Stuff **10.45** Trisha Goddard (R) **11.45** House Doctor (R) **12.15pm** House Doctor (R) **12.40** Five News **12.50** Emergency Bikers (R) **1.45** Neighbours **2.15** Home and Away **2.50** Meals in Moments (R) **3.00** FILM It Had To Be You: *Romantic comedy starring Michael Vartan and Natasha Henstridge.* **5.00** Five News, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

7.00 Five News at 7

7.30 Fifth Gear
Ex-rugby union egg-chucker Matt Dawson learns wet-weather driving techniques.

8.00 White Van Man
Pest controllers tackle a wasp infestation at a golf course. Clearly the tried and trusted technique of waving a club around frantically didn't work on this occasion.

9.00 The Mentalist
Jane is kidnapped.

10.00 Law & Order: Special Victims Unit
A woman is investigated for supplying booze to a load of kids.

10.55 CSI: Miami
A body is found in the boot of a car involved in an accident. (R)

11.55 Cops in Crisis
Harrowing tales of survival. (R)

12.15am SuperCasino

4.00 SPORT Motorsport **4.25** SPORT Your Sport **4.30** Street Market Chefs **4.55** Rough Guide to Eco Escapes **5.10-6.00am** Michaela's Wild Challenge

sky1

6.00am X-Weighted (R) **7.00** Brainiac: Science Abuse (R)(HD) **8.00** Oops TV: *Home videos and things.* (R) **9.00** It's Me or the Dog USA (HD) **10.00** Bones (R)(HD) **11.00** The Filth Files (R) **11.30** Adoption Diaries (R)(HD) **12.00noon** X-Weighted (R) **1.00pm** UK Border Force (R)(HD) **2.00** Stargate Atlantis (R)(HD) **3.00** Stargate Atlantis (R)(HD) **4.00** Bones (R)(HD) **5.00** SPORT WWE Superstars **6.00** Oops TV (R) **6.30** The Simpsons (R)

7.00 The Simpsons
Bart tracks down a former student after Groundskeeper Willie reveals that he pulled off the "ultimate prank". (R)(HD)

7.30 Modern Family
Mitch and Cam invite Lily's paediatrician to lunch. (R)(HD)

8.00 Best of Oops TV
The very best incidents of people falling over. We'll give it a miss. (R)

9.00 Ross Kemp on Gangs
The actor explores gang culture in Los Angeles. Good luck! (R)(HD)

10.00 House
A patient is admitted after being injured in a Crucifixion re-enactment. (R)(HD)

11.00 Stargate Universe
Chloe prepares her goodbyes. (R)(HD)

12.00m't Road Wars
Officers are called to a scene where a naked man is refusing to leave his car bonnet. And, flick! (R)

1.00am Road Wars (R) **1.50** Happy Hour (R) **2.40** Oops TV (R) **3.30** Lost (R)(HD) **4.20** Sell Me the Answer (R)(HD) **5.10-6.00am** Smarter Than a 10 Year Old? (R)

ULSTER: **10.35pm** Swingtown **11.30** Dating the Enemy **12.00m't** Brain Box **2.30am** Countrywise

TODAY'S MUST-SEES


"Why don't you clean up after my dog?"

Michael McIntyre: Hello Wembley!
BBC1, 9pm

COMEDY This is where McIntyre secured his spot at British comedy's top table. The posh comic takes on wine menus, restaurant etiquette and lots more in this laugh-fest! ★★★★


"It's just a statue, it's not 'looking at you in a funny way'!"

The Walking Dead
FX/HD, 10pm

DRAMA The group head down from the mountains in search of a military base where there might be survivors. They don't succeed, though, and zombies close in! ★★★★★


"OK, but when you say you're my *invisible* friend..."

Peep Show
Channel 4/HD, 10pm

COMEDY Mark flounders through yet more romantic idiocy to impress Dobby, while Jeremy takes charge of a music website and immediately ruins everything by signing Super Hans' new band, Man Feelings. Top stuff! ★★★★★

SATELLITE AND CABLE TV TONIGHT

Park **1.50** Grouchy Young Men **2.20** Two and a Half Men **4.15** Shortcuts Shuffle **4.20** The King of Queens **5.10** Frasier: *Sitcom.* **6.00-9.00am** Teleshopping

DISCOVERY (520)
6.00pm Mythbusters **8.00** How Do They Do It? **8.30** How It's Made: *Copper pipe fittings. If you care.* **9.00** Beyond Survival with Les Stroud **10.00** Wheeler Dealers **11.00** Monsters Inside Me **12.00m't** Deadliest Catch **1.00am** Bear Grylls: Born Survivor **2.00** Industrial Revelations **3.00** World War Two in HD Colour **3.50** Raging Planet **4.40** Unsolved History **5.30-6.00am** How Does That Work?

BBC3 (115)
7.00pm Doctor Who **8.30** Freak Like Me **9.00** Russell Howard's Good News **9.30** Coming of Age **10.00** EastEnders **10.30** Don't Tell the Bride **11.30** Family Guy **12.15am** Russell Howard's Good News

12.45 How Not to Live Your Life **1.15** Coming of Age **1.45** Freak Like Me **2.15** Don't Tell the Bride **3.15** The Real Hustle on Holiday **3.45** Freak Like Me **4.15-5.15am** Young Plumber of the Year

E4 (136)
7.00pm Hollyoaks **7.30** Friends **9.00** How to Look Good Naked **10.00** Wife Swap **11.05** Desperate Housewives **12.05am** Scrubs **1.05** How to Look Good Naked **2.00** Wife Swap **2.55** What About Brian **3.35** Reno 911!: *Comedy.* **4.00** Being Erica **4.40-6.00am** Switched

DAVE (111)
6.40pm Have I Got News for You **7.20** QI **8.00** Top Gear **9.00** QI XL **10.00** Mock the Week: *With Jo Caulfield.* **10.40** Have I Got News for You **11.20** QI XL **12.20am** Mock the Week **1.00** Have I Got News for You **1.40** Billy Connolly's World Tour of Australia **2.25-3.00am** Airport

MTV (350)
7.00pm Hogan Knows Best **8.00** Celebrity Bites **8.30** Taio Cruz MTV.co.uk Live Session **9.00** Gonzo: *Presented by Alexa Chung.* **10.00** Videography **11.00** World Stage **12.00m't** South Park: *Cartoon laughs.* **3.00-6.00am** All the Hits

SYFY (129)
7.00pm A Town Called Eureka **8.00** Warehouse 13 **9.00** Haven **10.00** FILM Jackie Chan's Police Story: *Kung fu comedy thriller starring Jackie Chan.* **12.00m't** FILM The Armour of God: *Adventure.* **2.00am** Angel **3.00** Dollhouse **4.00** Quantum Leap **5.00-6.00am** Buffy the Vampire Slayer

FX (164)
7.00pm NCIS **10.00** MUST-SEE The Walking Dead **11.00** Burn Notice **12.00m't** Nip/Tuck **1.00am** Farscape **2.00** Babylon 5 **3.00-4.00am** ReGenesis

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Nuts TV

6am

BBC ONE

6.00am Breakfast **10.00** Saturday Kitchen Live **11.30** Nigella Kitchen (R) **12.00noon** BBC News, Regional News, Weather **12.15pm** SPORT Football Focus **1.00** SPORT Freddie Flintoff: Ashes Warrior (R) **1.40** LIVE Snooker: UK Championship: *The opening first-round matches.* **4.30** SPORT Final Score **5.20** BBC News, Regional News, Weather **5.40** Walk on the Wild Side (R) **6.10** The Impressions Show with Culshaw and Stephenson (R) **6.40** Strictly Come Dancing

BBC TWO

6.00am CBeebies **7.00** CBBC **12.00noon** BBC Switch: The Cut **12.25pm** Teensville: Teenage Witches **12.50** Popatron **1.20** The 5:19 Show **1.35** The Season (R) **2.05** Revealed **2.20** FILM Land of the Pharaohs: *Spectacular epic set in ancient Egypt starring Jack Hawkins and Joan Collins.* **4.00** Flog It! (R) **4.30** LIVE Snooker: UK Championship: *More from Telford.* **5.55** At Home with the Georgians (R) **6.55** Making Scotland's Landscape (R)

itv 1

5.30am ITV News **6.00** CITV **10.00** The Planet's Funniest Animals (R) **10.25** The Crocodile Hunter Diaries (R) **11.25** News, Weather **11.30** This Morning: Saturday **12.25pm** You've Been Framed! (R) (R) **1.25** FILM The Great Outdoors: *Comedy.* **3.05** FILM Mrs Doubtfire: *Comedy.* **5.20** Regional News, Weather **5.30** ITV News **5.45** New Britain Does the Funniest Things **6.40** All New You've Been Framed!

4

6.20am Sali Mali (R) **6.25** The Treacle People (R) **6.35** Yo Gabba Gabba (R) **7.00** SPORT World Sport **7.25** SPORT Sailing **7.55** SPORT The Morning Line **8.50** T4: One Tree Hill **9.50** Ugly Betty (R) **10.50** Koko Pop **11.20** Friends (R) **11.55** The 4Music Video Honours: Top 20 **12.50pm** Scrubs (R) **1.55** LIVE Channel 4 Racing: *Horses in a hurry from Sandown Park and Wetherby.* **3.50** Jamie's 30 Minute Meals (R) **4.20** Come Dine with Me (R) **6.50** The Political Slot **6.55** News

FIVE

6.00am Milkshake! **10.00** SPORT The Great Ethiopian Run 2010 **11.00** SPORT UEFA Europa League Highlights **12.05pm** SPORT Your Sport **12.10** The Gadget Show (R) **1.10** FILM Cahill: United States Marshal: *Western starring John Wayne.* **3.10** FILM The Shootist: *Western starring John Wayne and Lauren Bacall.* **5.10** Five News **5.15** FILM Ice Age: *Animated comedy adventure.* **6.55** The Mentalist (R)

7pm

7.40 Merlin
Morgana and Morgause's immortal army wreaks havoc on Camelot.

8.25 The National Lottery Saturday Night Draws
With John Partridge.

8.40 Casualty
Ruth reveals Zoe is the doctor with the highest mortality rate in the ED. Refresher course on the defibrillator for her then.

9.30 The Armstrong & Miller Show
Featuring the exciting chefs.

10.00 BBC News, Weather

10.20 Match of the Day
SPORT Highlights of Chelsea vs Everton, Arsenal vs Fulham and Blackpool vs Man United.

11.40 The Football League Show
SPORT Lower-league leather-whacking highlights.

7.55 Dad's Army
Comedy in which your parents laugh at the same gags for the 56th time. (R)

8.25 American Dream
The role of faith in the dream.

9.25 Have I Got a Bit More News for You
Lee Mack hosts. Cool!

10.10 QI XL
Jeremy Clarkson, David Mitchell and Ross Noble answer granite-hard questions. (R)

10.55 The Stephen K Amos Show
With guest Nick Mohammed. (R)

11.25 Frozen River
PREMIERE A skint mum gets drawn into smuggling immigrants across the frozen St Lawrence river into the US.

12.55am Snooker: UK Championship
SPORT Ball-scattering at the Telford International Centre, featuring the first-round.

7.10 Harry Hill's the Best of TV Burp
The big-collared baldy presents classic clips, skits and quips from previous series.

7.40 The X Factor
The acts perform two songs each in the semi-final. And they make this last for nearly two hours? That's a *lot* of adverts.

9.25 I'm a Celebrity Get Me Out of Here!
MUST-SEE Viewers choose this year's winner.

10.25 This Is Michael Buble
And this is our cue to leave.

11.25 ITV News, Weather

11.40 Simply Red: For the Last Time
Well, let's hope so. (R)

12.40am The Zone

7.20 4thought.tv

7.25 Grand Designs
Kevin McCloud visits the Sampsons in France. It'd be miles more fun if he visited the Simpsons in Springfield. (R)

8.25 Apocalypse: The Second World War
The story of Germany's surrender.

9.25 Slumdog Millionaire
MUST-SEE Danny Boyle's ace Oscar-winning drama set in India, starring Dev Patel, Anil Kapoor and Freida Pinto.

11.45 Crouching Tiger, Hidden Dragon
FILM In early 19th-century China, the destinies of two pairs of lovers become entwined by the theft of a sword. Cue loads of ace fight scenes.

7.40 NCIS
A murder suspect is killed. (R)

8.30 CSI: Miami
A cruise ship docked in Miami becomes the scene of a double murder. (R)

9.30 CSI: Crime Scene Investigation
A woman is suspected of killing her husband and children. (R)

10.30 CSI: NY
Two employees of a renowned magician are – wait for it – murdered! (R)

11.30 Forensic Files
Murder, murder, murder.

12.00m't SuperCasino

1am

1.05-6.00am BBC News

1.45-3.45am SPORT Snooker: UK Championship Extra: *Ball-potting exploits.*

2.40 Surface (R) **3.25** Sons and Daughters **3.50-5.30am** ITV Nightscreen

1.55am FILM Enemy at the Gates: *World War Two military drama starring Jude Law and Joseph Fiennes.* **4.05** The OC (R) **4.50** The OC (R) **5.35-6.20am** Countdown (R)

4.00am Fifth Gear **4.25** HouseBusters (R) **4.50** SPORT Your Sport **5.00** Hana (R) **5.10** Milkshake! **5.35** Thomas & Friends (R) **5.45-6.00am** Roary the Racing Car (R)

REGIONAL VARIATIONS

BBC2 SCOTLAND: 6.25pm Men of Rock **7.25** Nigella Kitchen **7.55** Rick Stein's Cornish Christmas **BBC2 NORTHERN IRELAND: 7.55pm** Oidhreacht Dhonncha Uí Ámhsaigh **8.45** Seinn Liom **8.50** Flight of the Earls **9.30** American Dream **10.30** Off the Beaten Track **BBC2 WALES: 7.55pm** Mastermind **STV: 11.40pm** All New You've Been Framed! **12.10am** Brain Box **2.00-5.30am** The Nightshift **ULSTER: 11.40pm** UTV Rewind **12.00m't** Brain Box

TODAY'S SPORT

sky SPORTS 1

6.00am LIVE Cricket: *Day two of the second Test between Australia and England at the Adelaide Oval.* (HD) **8.00** Premier League Preview: *A look ahead to Chelsea vs Everton, Blackpool vs Man United and Arsenal vs Fulham.* (HD) **8.30** Champions League Weekly (HD) **9.00** LIVE Golf: *The third day of the Nedbank Golf Challenge in Sun City.* **2.00pm** LIVE Rugby Union: *Barbarians vs South Africa, kick-off 2.30pm.* (HD) **4.30** Champions League Weekly (HD) **5.00** Cricket (HD) **7.00** LIVE Spanish Football: *Coverage of a match from La Liga.* (HD) **9.00** LIVE Boxing: *Another night of split-second nose-rearranging.* **11.00** Champions League Weekly (HD) **11.30-6.00am** LIVE Cricket: *The third day of the second Test between Australia and England at the Adelaide Oval.* (HD)

sky SPORTS 2

6.00am Aerobics **6.30** IEX Magazine **7.00** Take It Like a Fan **7.30** Time of Our Lives **8.30** Football League Weekend (HD) **9.30** Take It Like a Fan **10.00** Soccer AM: *Footy fun with Max Rushden and Helen Chamberlain.* **12.00noon** Take It Like a Fan **12.30pm** LIVE Football: *Ipswich vs Swansea, kick-off 12.45pm.* (HD) **3.00** Cricket (HD) **4.00** World Sport **4.30** Take It Like a Fan **5.00** LIVE Football: *Millwall vs Scunthorpe at the New Den, kick-off 5.20pm.* (HD) **7.30** You're on Sky Sports! **8.25** Football First (HD) **4.15am** Golf: *The third day of the Nedbank Golf Challenge in Sun City.* **5.45-6.00am** Sky Sports Classics

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)

7.10 The Seeker: The Dark is Rising: *Fantasy adventure starring Alexander Ludwig.* **9.00** Jumper: *Fantasy thriller.* **10.45** Aliens vs Predator – Requiem: *Action sequel starring Steven Pasquale.* **12.35am** Day Watch: *Fantasy sequel.* **3.05-3.20am** Mike Leigh Special

COMEDY CENTRAL (126)

6.00pm FILM Maid in Manhattan: *Romantic comedy with Jennifer Lopez and Ralph Fiennes.* **8.00** Two and a Half Men **9.30** Lee Evans: Big Tour UK 2008 **10.40** Live at the Apollo **11.40** Alan Carr: Tooth Fairy Live **12.50am** Comedy Central at the Comedy Store **1.20** South Park **2.20** Two and a Half Men **3.20** The Office: An American Workplace **4.15** Shortcuts Shuffle **4.20** Everybody Loves Raymond **5.10** Frasier **6.00-9.00am** Teleshopping

ESPN

4.45pm MUST-SEE Football: *Blackpool vs Man United, kick-off 5.30pm.* **7.45** LIVE Italian Football: *AC Milan vs Brescia.* **9.45** Bundesliga **11.30** Premiership Rugby Union **1.00am** LIVE College Football **4.30-5.00am** NBA Action

DISCOVERY (520)

7.00pm Beyond Survival with Les Stroud **8.00** How It's Made: *Hand dryers.* **9.00** Frontline Battle Machines with Mike Brewer **10.00** Weird or What? **11.00** Who Killed Meredith Kercher? **12.00m't** Wheeler Dealers **1.00am** Mythbusters **5.30-6.00am** How Does That Work?

BBC3 (115)

7.00pm EastEnders: The Greatest Weddings **7.10** Top Gear **8.15** Great Movie Mistakes **9.10** FILM Scary Movie 4: *Spoof horror sequel.* **10.25** Russell Howard's Good News Extra **11.10** Family Guy **11.55** American Dad! **12.40am** FILM Con Air: *Action thriller starring Nicolas Cage.* **2.30** Russell Howard's Good News Extra **3.15** Great Movie Mistakes **4.15** Beyond Walford: Roxy Mitchell **5.10** Special 1 TV **5.15-5.25am** EastEnders: The Greatest Weddings

E4 (136)

6.30pm Ugly Betty **7.25** The Big Bang Theory **7.50** Friends **9.25** 50 Greatest Plastic Surgery Shockers **11.35** Scrubs: *JD tries to win Turk's approval.* **12.35am** Supernanny USA **2.40** Make It or Break It **3.25-6.00am** Hollyoaks

DAVE (111)

7.00pm Trawlermen **7.40** Genius: *Jonathan Pryce joins presenter Dave Gorman.* **8.20** Have I Got News for You: *With Rich Hall and Michael Crick.* **9.00** Fawlty Towers – Re-opened **11.00** Fawlty Towers – Favourite Moments **1.00-3.00am** Fawlty Towers – Re-opened

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4 DECEMBER SATURDAY

FULL 7 DAY TV GUIDE!

sky1

6.00am Brainiac's Test Tube Baby (R) **7.00** The Zoo UK (R) **8.00** Malcolm in the Middle (R) **9.00** SPORT Wayne Rooney's Street Striker (R)(HD) **10.00** SPORT Soccer AM **12.00noon** Best of Oops TV: *Selection of "hilarious" videos.* (R) **1.00pm** Malcolm in the Middle (R) **2.00** Modern Family (R)(HD) **3.00** Fat Families: Second Helpings (R)(HD) **4.00** The Real A&E (R)(HD) **5.00** Futurama (R) **6.00** The Middle (R)(HD) **6.30** The Simpsons (R)

7.00 The Simpsons
Bart angrily breaks Lisa's treasured saxophone during a squabble. (R)

7.30 The Simpsons
Homer buys a handgun. (R)

8.00 Road Wars
Driving-related dust-ups. (R)

9.00 Terminator 2: Judgment Day
FILM A cyborg is sent back in time to protect the future saviour of the human race and avert a nuclear war. Arnie stars, as you know. (HD)

11.40 Fringe
Olivia and Peter's lives hang in the balance when a virus is released. (R)(HD)

12.40am Classic Albums
Simply Red's *Stars*. Aargh! We thought we'd seen the back of 'em! (R)

1.45 Surviving (R) **2.35** Road Wars (R) **3.30** Family Court (R) **4.20** Don't Forget the Lyrics (R)(HD) **5.10-6.00am** Are You Smarter Than a 10 Year Old? (R)(HD)

MTV (350)
7.00pm Celebrity Bites **7.30** Taio Cruz Live Session **8.00** Teen Mom **11.00** Celebrity Bites **11.30** 40 Most Shocking Celebrity Divorces **1.30am** MTV Cribs Awards **3.00-6.00am** All the Hits

SYFY (129)
6.10pm FILM Merlin and the War of the Dragons: *Fantasy adventure.* **8.00** Fact or Faked: Paranormal Files **10.00** FILM The Exorcism of Emily Rose: *Horror starring Tom Wilkinson.* **12.20am** FILM Pandorum: *Horror starring Ben Foster.* **2.30** Fact or Faked: Paranormal Files **3.40-6.00am** Thunderbirds

FX (164)
7.00pm King of the Hill **8.00** American Dad! **9.00** Family Guy **10.00** Eastbound & Down **10.35** American Dad! **11.05** Family Guy **1.05am** Penn and Teller: Bullsh*t! **2.15-4.00am** Tour of Duty

TODAY'S MUST-SEES



The Ultimate Fighter Final Live
Sky Sports 3/HD, 2am

SPORT Another top night of bone-busting, this time from Las Vegas where it's the conclusion of the 12th series of The Ultimate Fighter. The two remaining lightweight scrappers from Georges St-Pierre and Josh Koscheck's (left) teams prepare to hand out a pounding to each other, with the winner earning a UFC contract. Also on the bill are Stephen Bonnar vs Igor Pokrajac and Demian Maia taking on Kendall Grove. Tasty! ★★★★


"I peed myself!"
"Just keep smiling!"

I'm A Celebrity...
ITV1/HD, 9.25pm

REALITY After three weeks of eating insects and being driven insane, the winner's finally crowned by Ant & Dec – but not before the final three are treated to a special Bushtucker Trial. Chances are it won't involve pizza and a PS3! ★★★★


"Patrice, we're over here!"

Blackpool vs Man United
ESPN/HD, 4.45pm

SPORT For the first time in 36 years, United pack up their beach stuff and head to our favourite seaside town, where Ian Holloway's men will be hoping for yet another shock! ★★★★★


The mass confetti suicide went largely unnoticed

Slumdog Millionaire
Channel 4/HD, 9.25pm

FILM This tale of an 18-year-old orphan from the slums of Mumbai who's on the brink of winning the Indian version of *Who Wants To Be A Millionaire* is utterly brilliant. Don't miss it! ★★★★★

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Nuts TV

6am

BBC ONE

6.00am Breakfast **7.35** SPORT Match of the Day (R) **9.00** The Andrew Marr Show **10.00** Fern Britton Meets Clarissa Dickson Wright **11.00** Country Tracks **12.00noon** Regional Programme **1.00pm** Cash in the Celebrity Attic (R) **1.45** EastEnders **3.45** Drop Zone **4.45** Points of View **5.00** Songs of Praise **5.35** BBC News, Regional News, Weather **6.00** Jimmy's Food Factory (R) **6.30** Countryfile

BBC TWO

6.00am CBeebies **7.00** CBBC **10.00** Something for the Weekend **11.30** Flog It! (R) **12.15pm** FILM Summer Magic: *Disney family comedy.* **2.00** LIVE Snooker: UK Championship: *The first round.* **5.30** Lambing Live – Kate's Year with the Beavans **6.30** FILM Dad's Army: *Film spin-off from the TV comedy series.*

itv 1

5.30am ITV News **6.00** CITV **9.45** The X Factor (R) **11.30** This Morning: Sunday **12.35pm** News, Weather **12.50** Coronation Street **3.15** Midsomer Murders (R) **5.15** Stars on the Street (R) **6.15** Regional News, Weather **6.30** ITV News **6.45** Harry Hill's the Best of TV Burp (R)

4

6.20am Sali Mali (R) **6.25** The Treacle People (R) **6.35** Yo Gabba Gabba (R) **7.00** SPORT Freeze Festival 2010 (R) **7.50** SPORT Freesports on 4 **8.20** SPORT World B-Boy Series **8.50** T4: Hollyoaks **11.20** Live and Lost **11.35** Ugly Betty **12.35pm** Cheryl Cole T4 Special **12.55** The Album Chart Show: N-Dubz Special **1.30** The Simpsons (R) **2.35** FILM Nine Months: *Romantic comedy.* **4.35** Deal or No Deal **5.25** FILM Fred Claus: *Comedy with Vince Vaughn.*

FIVE

6.00am Milkshake! **10.00** Shake! **11.10** SPORT Your Sport (R) **11.15** Street Market Chefs (R) **11.45** Emergency Bikers (R) **12.45pm** SPORT Extreme Fishing with Robson Green (R) **1.50** FILM Baby Geniuses: *Family comedy adventure starring Kathleen Turner.* **3.35** FILM Cats & Dogs: *Family comedy fantasy.* **5.15** Five News **5.25** FILM Firefox: *Cold War action adventure starring Clint Eastwood.*

7pm

7.30 Strictly Come Dancing
More lycra-clad prancing. Avoid!

8.00 Antiques Roadshow
Old tat goes under the microscope.

9.00 Garrow's Law
Lady Sarah and Garrow face their accusers.

10.00 BBC News, Regional News, Weather

10.25 The Impressions Show with Culshaw and Stephenson
Another batch of impressions.

10.55 The Apprentice
Last week's backstabbing as the seven candidates were packed off to buy unusual items at bargain prices. (R)

11.55 The Sky at Night
Patrick Moore has another gander through his telescope.

12.20am Sign Zone: Coast
Seaside-based meandering. (R)

8.00 Jeremy Clarkson: Greatest Raid of All Time
Clarkson discusses Second World War commando raid on St Nazaire. (R)

9.00 Operation Mincemeat
Docu about how Britain deceived Hitler into thinking the Allies were planning to invade Greece in 1943.

10.00 The Trip
Another impression-off between Coogan and Brydon. Brilliant, as ever. (R)

10.30 Match of the Day 2
SPORT All the highlights from West Brom vs Newcastle and Sunderland vs West Ham.

11.30 Never Mind the Buzzcocks
Tim Westwood hosts. "Lets goooooo!" (R)

12.00m't Snooker: UK Championship
SPORT First round ball-potting highlights.

12.50am Snooker: UK Championship Extra

7.15 All Star Family Fortunes
Jennifer Ellison takes on Joe Calzaghe. A sentence we never thought we'd write.

8.00 The X Factor
Who's for the high-jump this week?

9.00 The Nation's Favourite Abba Song
God help us, it's a countdown of Abba songs. Worse still, Kate Thornton's hosting it. Could be an early night for us.

10.30 ITV News, Weather

10.45 Magicians
FILM Hit-and-miss comedy starring David Mitchell and Robert Webb as a pair of rival illusionists.

12.25am Premiership Rugby Union
SPORT Highlights of all the weekend's top-flight egg-juggling, including London Irish vs Leicester, Wasps vs Exeter and Leeds Carnegie vs Northampton.

7.30 News

7.55 4thought.tv

8.00 Undercover Boss USA
Another corporate bigwig gets his hands dirty on the shop floor.

9.00 Any Human Heart
Logan begins an affair in London, only for his past to catch up with him.

10.30 Desperate Housewives
It's Thanksgiving, so expect a massive row and some sort of dramatic revelation. You know, the usual sort of thing.

11.30 8 Out of 10 Cats
With Mark Watson, Stephen Mangan, Daniel Sloss and Vanessa Feltz. (R)

12.20am The Real Housewives of New Jersey
Bitching and botox in suburbia.

8.00 Bermuda Triangle: The Mystery Revealed
Documentary following scientists who are heading off on an expedition into the mysterious Bermuda Triangle. Yikes! (R)

9.00 xXx2: The Next Level
FILM Big, dumb action sequel starring Ice Cube as a disgraced former marine who escapes from prison to foil a plot to kill the US president. As you do.

11.00 The Art of War
FILM More explodey stuff as Wesley Snipes stars as a United Nations agent, framed for the murder of a Chinese ambassador.

1.15am SuperCasino

1am

1.20 Holby City (R) **2.20** Who Do You Think You Are? (R) **3.05** Secret Iraq (R) **4.05-6.00am** BBC News

2.50-4.05am BBC News

1.10 The Zone **2.00** SPORT Motorsport UK **2.55-5.30am** ITV Nightscreen

1.15 LIVE American Football: *Baltimore Ravens vs Pittsburgh Steelers.* **4.45** SPORT Ironman Triathlon (R) **5.15** Grudge Match (R) **5.25-6.10am** Countdown (R)

4.00 HouseBusters (R) **4.50** Your Sport (R) **5.00** Hana's Helpline (R) **5.10** Milkshake! (R) **5.35** Thomas & Friends (R) **5.45-6.00am** Roary the Racing Car (R)

REGIONAL VARIATIONS

BBC1 NORTHERN IRELAND: 10.25pm The Conference **10.55** The Impressions Show with Culshaw and Stephenson **11.25** The Graham Norton Show **12.10am** Sky High **BBC2 SCOTLAND: 7.00pm** The Culture Show **10.30** SPORT Sportscene **11.15** SPORT Match of the Day 2 **12.15am** Never Mind the Buzzcocks **12.45** SPORT Snooker: UK Championship **1.35** SPORT Snooker: UK Championship Extra **BBC2 NORTHERN IRELAND: 10.00pm** Pop Goes Northern Ireland **BBC2 WALES: 6.30pm** SPORT Scrum V **7.30** Dad's Army **11.30** SPORT Scrum V **12.30am** SPORT Snooker: UK Championship **1.20** SPORT Snooker: UK Championship Extra **STV: 9.00pm** SPORT Scottish Sports Awards **10.00** Cuirm @ Celtic: Moonlighting **10.45** SPORT STV Sports Centre: Rugby **11.30** Celebrity Juice: X Factor Special **12.15am** FILM The Appaloosa: *Western starring Marlon Brando.* **2.00-5.30am** The Nightshift **ULSTER: 1.10am** Countrywise **1.40** UTV Rewind **1.50** Star Bites

TODAY'S SPORT

sky SPORTS 1

6.00am LIVE Cricket: *Day three action from Adelaide, as England continue their quest to retain the Ashes.* (HD)
8.00 World Sport
8.30 Take It Like a Fan
9.00 Champions League Weekly (HD)
9.30 The Sunday Supplement
11.00 Goals on Sunday (HD)
1.00pm MUST-SEE Football: *West Brom face Newcastle in a contest that's more or less guaranteed to contain plenty of goals. Ace! Kick-off 1.30pm.* (HD)
3.30 LIVE Football: *Sunderland host West Ham, with the Hammers looking to kick-start their season. Kick-off 4pm.* (HD)
6.30 LIVE Spanish Football (HD)
8.00 LIVE Spanish Football: *Coverage of a match from La Liga.* (HD)
10.00 Football (HD)
11.30-6.00am LIVE Cricket: *The penultimate day at the Adelaide Oval.* (HD)

sky SPORTS 2

6.00am Aerobics
6.30 Football First (HD)
9.30 ATP Tour Uncovered
10.00 Cricket (HD)
11.00 Boxing (HD)
1.00pm LIVE Darts: *It's the final day of arrow-throwing at the inaugural PDC World Cup in Tyne and Wear. It concludes tonight on Sky Sports 3.* (HD)
5.00 Spirit of Yachting
5.30 World Sport
6.00 Cricket (HD)
8.00 LIVE Golf: *Ball-whacking action from the fourth and final day of the Chevron World Challenge, held in California.* (HD)
11.00 LIVE Golf: *Fancy some more pitch and putt? You're in luck! It's the final round of the LPGA Tour Championship.* (HD)
1.00am Golf (HD)
2.30 Football (HD)
4.00-6.00am Spanish Football (HD)

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)

6.55pm Flight of the Phoenix: *Adventure remake.* **9.00** Hitman: *Action thriller starring Timothy Olyphant.* **10.50** Tenacious D in The Pick of Destiny: *Comedy starring Jack Black and Kyle Gass.* **12.40am** Nil by Mouth: Gritty *drama.* **3.10-3.25am** Mike Leigh Special

COMEDY CENTRAL (126)

5.30pm Two and a Half Men **7.30** Mike & Molly **8.00** Two and a Half Men **9.00** Live at the Apollo **10.00** Lee Evans: Big Tour UK 2008 **11.10** South Park **11.40** Comedy Central at the Comedy Store **12.10am** The Office: An American Workplace **1.10** Two and a Half Men **2.10** South Park **3.10** The King of Queens **4.10** Shortcuts Shuffle **4.20** Everybody Loves Raymond **5.10** Frasier **6.00-9.00am** Teleshopping

ESPN

6.30pm FIA GT1 World Championship **7.45** LIVE Italian Football **9.45** Bundesliga **11.30** Premiership Rugby Union **1.00am** Press Pass 2010 **1.30** NBA **2.00** LIVE NHL **4.30-5.30am** UFC Unleashed

DISCOVERY (520)

7.00pm How Do They Do It? **8.00** How It's Made **9.00** Invisible Worlds **10.00** Beyond Survival with Les Stroud **11.00** Behind Bars **12.00m't** Secret Science of the Secret Service **1.00am** Mythbusters **5.30-6.00am** How Does That Work?

BBC3 (115)

7.00pm Freak Like Me **7.30** MUST-SEE Sherlock: *The sleuth encounters a huge assassin.* **9.00** Gavin & Stacey **9.30** How Not to Live Your Life **10.00** Family Guy **10.45** American Dad! **11.30** Gavin & Stacey **12.00m't** How Not to Live Your Life **12.30am** Being Human **2.25** FILM Scary Movie 4: **3.40** Young Plumber of the Year **4.40-5.10am** Freak Like Me

E4 (136)

7.00pm Life Unexpected **7.55** Friends **9.00** FILM Failure to Launch: *Romantic comedy with Matthew McConaughey.* **10.55** Rude Tube **11.55** FILM Dying Young: *Romantic drama starring Julia Roberts and Campbell Scott.* **2.10am** Supernanny USA **2.55** How to Look Good Naked **3.25-6.00am** Hollyoaks

DAVE (111)

7.00pm Speed **7.40** Have I Got News for You **8.20** QI **9.00** Blackadder: The Whole Rotten Saga **11.00** Blackadder's Most Cunning Moments **1.00-3.00am** Blackadder: The Whole Rotten Saga

MTV (350)

7.00pm Randy Jackson's America's Best Dance Crew **8.00** If You Really Knew Me

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sky1

6.00am Hour of Power (HD) **7.00** It's Me or the Dog USA (R)(HD) **8.00** It's Me or the Dog USA (R)(HD) **9.00** Vet Adventures (R) (HD) **10.00** SPORT WWE Superstars (R) **11.00** SPORT WWE: Experience (R)(HD) **12.00noon** Real Filth Fighters (R)(HD) **12.30pm** Super Nurses (R)(HD) **1.00** Dog Squad (R)(HD) **1.30** Modern Family (R) (HD) **2.00** Modern Family (R)(HD) **2.30** Modern Family (R)(HD) **3.00** Fat Families: Second Helpings (R)(HD) **4.00** The Real A&E (R)(HD) **5.00** Futurama (R) **5.30** Futurama (R) **6.00** The Simpsons (R)

7.00 Street Striker
MUST-SEE Wazza picks one of the three finalists to crown the overall winner. Best get your shooting boots on, chaps! (HD)

8.00 The Simpsons
Santa's Little Helper finds himself out on his ear. Again. (R)(HD)

8.30 Modern Family
Phil and Luke search for hidden treasures beneath the house. (R)(HD)

9.00 Bones
Brennan is caught up in a shoot-out at a local restaurant. (R)(HD)

10.00 House
The doctor investigates the sudden death of several organ recipients. (R)(HD)

11.00 Cold Case
The team reinvestigate the case of a young boy murdered on the day of the 1969 Apollo 11 moon landing. (R)(HD)

12.00m't Night Cops
On the beat with the boys in blue. (R)(HD)

1.00am Surviving **1.50** Ross Kemp Middle East **2.40** Road Wars **3.30** Happy Hour **4.20** Don't Forget the Lyrics **5.10-6.00am** Smarter Than a 10 Year Old?

9.00 Jersey Shore **10.00** Teen Mom **11.00** Scream Queens **12.00m't** Pranked **12.30am** South Park **1.30** The Dudesons in America **2.00** Jersey Shore **3.00-6.00am** All the Hits

SYFY (129)

7.00pm Warehouse 13 **8.00** Haven **9.00** FILM The Exorcism of Emily Rose: *Horror starring Tom Wilkinson.* **11.20** FILM The Da Vinci Treasure: *Action adventure starring C Thomas Howell.* **1.10am** FILM Komodo vs. Cobra: *Horror starring Michael Pare and Michelle Borth.* **3.00** Fact or Faked: Paranormal Files **4.00-6.00am** Thunderbirds

FX (164)

6.00pm Burn Notice: *Double-bill of the drama.* **8.00** NCIS **10.00** The Walking Dead **11.00** Eastbound & Down: *Comedy.* **12.10am** Life **1.10** American Dad! **2.10-4.00am** The Border

TODAY'S MUST-SEES



Hopes weren't high for his UFC debut

THE WORLD CUP!

Darts

Sky Sports 3/HD, 7pm

SPORT Are there really 24 nations in the world capable of putting out a darts team? Apparently so, and the final of the inaugural PDC World Cup of Darts sees the English pair of Phil Taylor and James Wade as favourites. The sternest challenge should come from Australia, who have Simon Whitlock, and Holland (Raymond van Barneveld and Co Stompe), while the lesser nations include Spain, Russia, Japan and Gibraltar (with the brilliantly named Dylan Duo and Dyson Parody!). ★★★★



The superglue party was going well

West Brom vs Newcastle

Sky Sports 1/HD, 1pm

SPORT The first part of today's Premier League double-bill sees two lively promoted sides lock horns. Expect to see a few goals in this one! Sunderland vs West Ham follows. ★★★★



His decorating skills needed a lot of work

Street Striker

Sky1/HD, 7pm

REALITY The final whistle for this series sees the three finalists compete to be crowned Wayne Rooney's Street Striker Champion 2010. The winner – as chosen by Wazza – will receive a once-in-a-lifetime trip to Argentina. Lucky swine! ★★★★



Cloud's bodyguards took their job seriously

Sherlock

BBC3, 7.30pm

DRAMA The super-sleuth dives headfirst into the heart of London's graffiti culture and comes face to face with a giant assassin and a ruthless international crime ring. And we thought all they did was scrawl on bus windows! ★★★★

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Nuts TV

BBC ONE

6am

6.00am Breakfast **9.15** Rip Off Britain **10.00** Homes Under the Hammer (R) **11.00** Real Rescues **11.45** To Buy or Not to Buy **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Missing (R) **3.00** BBC News, Weather, Regional News **3.05** CBBC **5.15** Weakest Link **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

7pm

7.00 The One Show

7.30 Inside Out
Regional news gubbins.

8.00 EastEnders
More Cockney capers. Cor blimey!

8.30 Addicted to Games?: Panorama
Yeah, so what if we are? Mind your own!

9.00 Accused
MUST-SEE A cab driver becomes disastrously infatuated with a woman. Grim stuff.

10.00 BBC News, Weather

10.35 A Question of Sport
With Paddy McGuinness and Olly Murs.

11.05 Inside Sport: The Marion Jones Story
SPORT Gabby Logan interviews the former sprinter.

11.35 The Graham Norton Show
With tubby funnyman Jack Black. (R)

12.30am Sign Zone: The Apprentice

1am

1.30 MasterChef: The Professionals (R) **2.55** The Story of Science – Power, Proof and Passion (R) **3.55-6.00am** BBC News

BBC TWO

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.30** Film 2010 with Claudia Winkleman (R) **12.00noon** Daily Politics **12.30pm** LIVE Snooker: UK Championship: *The concluding first-round matches.* **4.30** Pointless (R) **5.15** The Hairy Bikers' Cook Off **6.00** Eggheads (R) **6.30** Strictly Come Dancing – It Takes Two

7.00 Snooker: UK Championship
LIVE The opening session of the first four second-round matches.

8.00 University Challenge
Brainy head-scratching.

8.30 Miranda
Miranda falls over a bit. Just like last week. And the week before that…

9.00 Ian Hislop's Age of the Do-Gooders
Dusty doc looking back to the Victorian reformers. Yawn!

10.00 The Trip
MUST-SEE It's the last in the series of this ace comedy, as the duo drop in on Steve's mum on their way back to London.

10.30 Newsnight

11.20 Snooker: UK Championship
SPORT All the best of today's baize-based action.

12.10am Snooker: UK Championship Extra

2.10-3.55am BBC News

itv 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News **1.55** Regional News, Weather **2.00** House Gift **3.00** Dickinson's Real Deal: *From Salisbury in Wiltshire.* (R) **4.00** Midsomer Murders (R) **5.00** The Alan Titchmarsh Show **6.00** Regional News, Weather **6.30** ITV News

7.00 Emmerdale
Jackson is moved from his bed to a wheelchair. Thrill-a-minute stuff.

7.30 Coronation Street
Leanne and Peter get ready for their hen and stag parties. One of them will probably die, knowing *Corrie*.

8.00 Coronation Street: The Historic First Episode
It was boring back then too. (R)

8.30 Coronation Street
Terror strikes the stag night as a huge explosion goes off. Told you.

9.00 I'm a Celebrity Get Me Out of Here! Coming Out

10.00 ITV News

10.35 The Day John Lennon Died
Documentary marking the 30th anniversary of the former Beatle's death.

11.35 Kings of Leon: Excess All Areas
Behind the scenes with the band. (R)

12.30am The Zone

2.30 SPORT UEFA Champions League Weekly **3.00** The Jeremy Kyle Show (R) **3.55-5.30am** ITV Nightscreen

4

6.10am Sali Mali (R) **6.15** The Treacle People (R) **6.25** Planet Cook (R) **6.45** Yo Gabba Gabba (R) **7.10** Freshly Squeezed **7.40** Everybody Loves Raymond (R) **8.35** Frasier (R) **9.10** According to Jim (R) **9.40** Friends (R) **10.10** One Tree Hill **11.05** Smallville **12.00noon** News **12.05pm** 3 Minute Wonder R) **12.10** Jamie at Home (R) **12.40** NEW Iron Chef UK **1.40** FILM The Ghosts of Berkeley Square **3.25** Countdown **4.15** Deal or No Deal **5.00** Come Dine with Me **5.30** Four in a Bed **6.00** The Simpsons **6.30** Hollyoaks

7.00 New

7.55 4thought.tv

8.00 Kirstie and Phil's Perfect Christmas
NEW Kirstie Allsopp and Phil Spencer demonstrate how to celebrate the festive season in style.

9.00 Come Dine with Me: Coronation Street Special
Soap-based cook-off.

10.00 Chris Moyles' Quiz Night
MUST-SEE The gobby host is joined by Alan Carr, and *O.C.* hottie Mischa Barton.

10.50 Peep Show
Mark forms a club with Gerrard in an effort to impress Dobby. Brilliant! (R)

11.25 Being N-Dubz at Christmas
Festive gibberish with Dappy.

12.30am Music on 4: 360 Sessions: Manic Street Preachers

1.00 SPORT Premier League Poker **2.00** FILM The Honeymooners **3.30** FILM Porco Rosso **5.10-5.50am** Brothers & Sisters (R)

FIVE

6.00am Milkshake! **9.15** The Wright Stuff **10.45** Trisha Goddard (R) **11.45** House Doctor (R) **12.10pm** House Doctor (R) **12.40** Five News **12.45** Killer Lion Stakeout: Austin Stevens' Adventures (R) **1.45** Neighbours **2.15** Home and Away **2.50** Animal Rescue Squad (R) **3.05** The Family Recipe (R) **3.15** FILM Avalanche Express: *Spy thriller starring Lee Marvin and Robert Shaw.* **5.00** Five News, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

7.00 Five News at 7

7.30 How Do They Do It?
Robert Llewellyn explores how coins are struck by the US Mint. Right, that's us bored into a coma then.

8.00 The Gadget Show
The team run the rule over the best Christmas gadgets for boys and girls.

9.00 Extreme Fishing with Robson Green
Quite possibly the most tedious programme on the telly. Go away!

10.00 Blade
FILM Cracking adventure flick chiller starring Wesley Snipes as the half-human, half-vampire warrior.

12.25am UFC 123: Main Event
SPORT Face-mangling ahoy, as Quinton "Rampage" Jackson takes on Lyoto Machida at the Palace of Auburn Hills in Detroit. Oof!

1.20 SuperCasino **4.00** The FBI Files (R) **4.45** House Doctor (R) **5.10** Michaela's Wild Challenge (R) **5.35-6.00am** Michaela's Wild Challenge (R)

REGIONAL VARIATIONS

BBC1 SCOTLAND: 7.30pm Jimmy's Food Factory **10.35** Still Game **11.05** A Question of Sport **11.35** SPORT Inside Sport **12.05am** Graham Norton **12.55** News **1.30** The Apprentice **2.30** MasterChef **BBC1 NORTHERN IRELAND: 7.30pm** Getaways **10.35** House on the Hill **11.05** A Question of Sport **11.35** SPORT Inside Sport **12.05am** SPORT Sporting Traditions **BBC1 WALES: 7.30pm** Rhys to the Rescue **8.30** Week In, Week Out **10.35** The Royal Mint **11.05** Addicted to Games? Panorama **11.35** A Question of Sport **12.05am** SPORT Inside Sport **12.35** The Graham Norton Show **BBC2 SCOTLAND: 7.00pm** Dè a-nis? **BBC2 NORTHERN IRELAND: 11.20pm** Stormont Today **11.50** SPORT Snooker **12.40am** SPORT Snooker **BBC2 WALES: 11.20pm** Made in Wales **11.30** SPORT Snooker **12.20am** SPORT Snooker **STV: 10.30pm** STV News **10.40** The Planet's Funniest Animals **11.05** Blasad **11.40** Slighe gu Biadh **12.15am** FILM Balto III **1.50** NEW Highland Highlights **2.00** The Nightshift **ULSTER:**

TODAY'S SPORT

sky SPORTS 1

6.00am LIVE Cricket: *The latest Ashes action from the Adelaide Oval.* (HD) **8.00** Football Special (HD) **9.30** Champions League Weekly (HD) **10.00** Cricket (HD) **11.00** Rugby Union (HD) **12.00noon** Football (HD) **1.30pm** Champions League Weekly (HD) **2.00** Cricket (HD) **3.00** Spanish Football (HD) **5.00** Champions League Weekly (HD) **5.30** Soccer AM: The Best Bits **6.30** Netbusters **7.00** MUST-SEE Football: *Liverpool take on Villa, as Gerrard Houllier makes his return to Anfield. Kick-off 8pm.* (HD) **10.30** Netbusters **11.00** A League of Their Own (HD) **11.30-6.00am** LIVE Cricket: *It's the final day at Adelaide as the second Test of the Ashes series concludes.* (HD)

sky SPORTS 2

6.00am Good Morning Sports Fans (HD) **9.00** Rugby Union (HD) **10.00** Spanish Football (HD) **12.00noon** Darts (HD) **4.00pm** Snow Ride **4.30** Wild Spirits **5.00** Cricket (HD) **6.00** NFL (HD) **8.00** Cricket: *Highlights of all the sledging and slogging on the penultimate day of the second Ashes Test, at the Adelaide Oval. Bonzer!* (HD) **10.00** Motorsport **11.00** Wild Spirits **11.30** SPL Round-Up (HD) **12.00m't** Soccer AM: The Best Bits **1.00am** Football (HD) **3.00** Netbusters **3.30** Watersports World **4.30** Max Power **5.30-6.00am** FIFA Futbol Mundial

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)

4.50pm Air Force: *Second World War drama starring John Garfield.* **7.15** Jingle All the Way: *Comedy starring Arnold Schwarzenegger.* **9.00** Braveheart: *Oscar-winning historical epic starring Mel Gibson.* **12.20-3.40am** Once Upon a Time in the West: *Western starring Henry Fonda.*

COMEDY CENTRAL (126)

6.00pm Two and a Half Men: *Alan thinks about retiring.* **7.30** Scrubs **8.30** Two and a Half Men **10.00** Mike & Molly **10.30** Sex and the City **11.40** Two and a Half Men **12.40am** South Park **1.40** Omid Djalili – One Night Stand **2.15** Comedy Central at the Comedy Store **2.45** Scrubs **3.45** Two and a Half Men **4.10** Shortcuts Shuffle **4.20** The King of Queens **5.10** Frasier **6.00-9.00am** Teleshopping

ESPN

6.30pm Talk of the Terrace **7.45** LIVE Football **9.45** ESPN SPL Kicks **10.00** Between The Lines **10.30** Rugby Union **12.00m't** NFL: Monday Night Countdown **1.30am** LIVE NFL **4.30-5.00am** Press Pass 2010

DISCOVERY (520)

6.00pm Mythbusters **9.00** Storm Chasers **10.00** Frontline Battle Machines with Mike Brewer **11.00** Greatest Tank Battles **12.00m't** Bear Grylls: Born Survivor **1.00am** Deadliest Catch **2.00** More Industrial Revelations **3.00** World War Two in HD Colour **3.50** Raging Planet **4.40** Unsolved History **5.30-6.00am** How Does That Work?

BBC3 (115)

7.00pm Merlin **7.45** Doctor Who **8.30** Doctor Who's Greatest Moments **9.00** The World's Strictest Parents **10.00** EastEnders **10.30** How Not to Live Your Life **11.00** Family Guy **11.45** The World's Strictest Parents **12.45am** How Not to Live Your Life **1.15** Mad About the House **2.15** My Boyfriend the War Hero **3.15** Kara Tointon: Don't Call Me Stupid **4.15-5.15am** Mad About the House

E4 (136)

7.00pm Hollyoaks **7.30** Friends **9.00** Scrubs **10.00** The IT Crowd: *Douglas becomes tired of married life.* **11.00** Pete Versus Life **11.35** Misfits **12.40am** Scrubs **1.40** Pete Versus Life **2.10** Misfits **3.05** What About Brian **3.45** Reno 911! **4.15** Being Erica **4.55-6.00am** Switched

DAVE (111)

6.40pm Have I Got News for You **7.20** QI **8.00** Top Gear **9.00** QI XL **10.00** Mock the Week **10.40** Have I Got News for You **11.40** QI XL **12.40am** Mock the Week **1.20** Men Behaving Badly **2.00** That Mitchell and Webb Look **2.30-3.00am** Ray Mears' World of Survival

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6 DECEMBER MONDAY

FULL 7 DAY TV GUIDE!

sky1

6.00am X-Weighted (R) **7.00** Brainiac: Science Abuse (R)(HD) **8.00** Oops TV (R) **9.00** It's Me or the Dog USA (HD) **10.00** Bones (R)(HD) **11.00** The Filth Files (R) **11.30** The Real A&E (R)(HD) **12.00noon** X-Weighted (R) **1.00pm** Road Wars (R) **2.00** Stargate Atlantis (R)(HD) **3.00** Stargate Atlantis (R)(HD) **4.00** Bones (R)(HD) **5.00** Malcolm in the Middle (R) **5.30** Futurama (R)(HD) **6.00** Oops TV: *Selection of videos.* (R) **6.30** The Simpsons (R)

7.00 The Simpsons
Homer becomes coach of Springfield's junior football team. (R)

7.30 Modern Family
Phil's high-school girlfriend reveals she still has feelings for him. Result! (R)(HD)

8.00 Best of Oops TV
Falling-over-based stuff. (R)

9.00 UK Border Force
A Chinese takeaway is investigated by the boys from Border Control. (R)(HD)

10.00 NCIS: Los Angeles
The team investigate the death of a Navy officer. (R)(HD)

11.00 Cold Case
Reopening the1953 case of a murdered pin-up girl. (R)(HD)

12.00m't Road Wars
More tarmac-melting mayhem. (R)

1.00am Road Wars (R) **1.50** Dom Joly's Happy Hour (R) **2.40** Oops TV **3.30** Lost (R) **4.20** Sell Me the Answer (R) **5.10-6.00am** Smarter Than a 10 Year Old? (R)

10.30pm UTV Live Tonight **11.00** Australian Balloon Adventure **12.00m't** FILM The Life of David Gale **2.10am** UTV Rewind **2.20-2.30am** Star Bites **ITV1 WALES: 10.30** Wales Tonight

MTV (350)

7.00pm Hogan Knows Best **8.00** Teen Mom **9.00** Jersey Shore **10.00** Scream Queens **11.00** Dirty Sanchez **12.00m't** South Park: *The friends try to reach Heaven.* **1.00am** Scream Queens **2.00** South Park **3.00-6.00am** All the Hits

SYFY (129)

7.00pm A Town Called Eureka **8.00** Sanctuary **9.00** Fact or Faked: Paranormal Files **10.00** Haven **11.00** Warehouse 13 **12.00m't** FILM Hydra: *Horror starring Texas Battle.* **2.00am** Dollhouse **4.00** Quantum Leap **5.00-6.00am** Buffy the Vampire Slayer

FX (164)

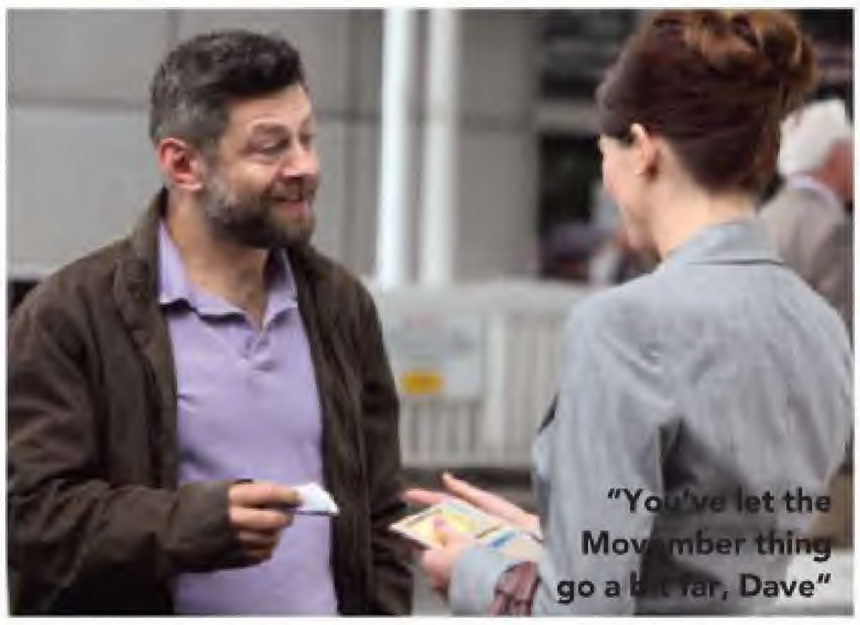
7.00pm NCIS **9.00** Family Guy **10.00** NCIS **11.00** The Walking Dead: *Jim makes a life-or-death decision.* **12.00m't** Nip/Tuck **1.00am** Farscape **2.00** Babylon 5 **3.00-4.00am** ReGenesis

TODAY'S MUST-SEES



Liverpool vs Aston Villa
Sky Sports 1/HD, 7pm

SPORT Gerard Houllier returns to Anfield for the first time since his 2004 departure, with strong hopes of securing what would, in any other season, be a surprise result. But his young Villa guns will be coming up against a beleaguered Liverpool, who'll be without the talismanic Steven Gerrard and may find the pace of Ashley Young and Marc Albrighton too difficult to counter. Aston Villa going to Anfield as favourites? Who'd have thunk it? ★★★★★



Accused
BBC1, 9pm

DRAMA A cab driver (Andy "Gollum" Serkis) becomes infatuated with a woman passenger, but the uncontrollable impulses spurring him on result in tragedy and him stood in the dock, facing life in the slammer. Powerful. ★★★★



The Trip
BBC2/HD, 10pm

COMEDY Rob Brydon and Steve Coogan pull into their last restaurant, The Angel at Hetton in Yorkshire, for a final serving of warm-hearted banter over dinner, before dropping in on Steve's mum on the way back to London. ★★★★



Chris Moyles' Quiz Night
Channel 4, 10pm

QUIZ Moyles is joined by comedian Alan Carr, actress Mischa Barton and actor Rupert Everett, who compete to secure a place in the final. Will they manage it? Dunno! ★★★★



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Nuts TV

6am

6.00am Breakfast **9.15** Rip Off Britain **10.00** Homes Under the Hammer (R) **11.00** Real Rescues **11.45** To Buy or Not to Buy **12.15pm** Bargain Hunt **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Missing (R) **3.00** BBC News, Weather, Regional News **3.05** CBBC **5.15** Weakest Link **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.30** Animal Park (R) **12.00noon** Daily Politics **12.30pm** LIVE Snooker: UK Championship: *The opening sessions in four second-round matches in Telford.* **4.30** Pointless (R) **5.15** The Hairy Bikers' Cook Off **6.00** Eggheads (R) **6.30** Strictly Come Dancing – It Takes Two

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News **1.55** Regional News, Weather **2.00** House Gift **3.00** Dickinson's Real Deal (R) **4.00** Midsomer Murders (R) **5.00** The Alan Titchmarsh Show: *With chef Rosemary Shrager.* **6.00** Regional News, Weather **6.30** ITV News

5.50am One Tree Hill **6.35** Planet Cook (R) **6.55** Yo Gabba Gabba (R) **7.20** Freshly Squeezed **7.45** Everybody Loves Raymond (R) **8.40** Frasier (R) **9.10** According to Jim (R) **9.40** Friends (R) **10.10** One Tree Hill **11.05** Smallville **12.00noon** News **12.05pm** 3 Minute Wonder (R) **12.10** River Cottage Bites (R) **12.20** Iron Chef UK **1.25** FILM An American Guerrilla in the Philippines **3.25** Countdown **4.10** Deal or No Deal **5.00** Come Dine with Me **5.30** Four in a Bed **6.00** The Simpsons **6.30** Hollyoaks

6.00am Milkshake! **9.15** The Wright Stuff **10.45** Trisha Goddard (R) **11.45** House Doctor (R) **12.10pm** House Doctor (R) **12.40** Five News **12.45** Deadly Jungle Rattlesnake: Austin Stevens' Adventures (R) **1.45** Neighbours **2.15** Home and Away **2.50** FILM Horton Foote's Alone: *Rural drama starring Hume Cronyn and James Earl Jones.* **5.00** Five News, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

7pm

7.00 The One Show

7.30 EastEnders
Jellied eels and shouting.

8.00 Holby City
Another heady mix of broken hearts and severed arteries.

9.00 Turn Back Time - The High Street
Nostalgic shopping guff.

10.00 BBC News, Weather

10.35 Imagine
The BBC's beardy arts bloke Alan Yentob has a gander at a painting of Bruce Springsteen. Doesn't sound great.

11.40 The Clandestine Marriage
FILM Daft period comedy starring Nigel Hawthorne and Joan Collins. Not really our thing.

7.00 Snooker: UK Championship
LIVE The remaining four places in the quarter-finals are decided.

8.00 Natural World Special: Panda Makers
A project to bring pandas back from the brink of extinction. Wooooooo!

9.00 The Foods That Make Billions
Inside the fascinating world of yoghurt production. Give us strength.

10.00 Miranda
Miranda and Stevie compete for the attention of a new friend. (R)

10.30 Newsnight

11.20 Snooker: UK Championship
SPORT All of the day's highlights from the remaining second-round matches.

12.10am Snooker: UK Championship Extra
SPORT That's right, there's even more snooker. Get in!

7.00 Emmerdale
Another half-hour of your life you'll never get back. Do something else!

7.30 Can You Keep a Secret?: Tonight
Charting the rise of the footballer's favourite, the super-injunction.

8.00 Emmerdale
What, more? Gaaaaaah!

8.30 Coronation Street
Marginally better than *Emmerdale*, in the same way that a slap in the face is marginally better than a kick in the crotch.

9.00 Coronation Street: 50 Years, 50 Moments
First of a two-part documentary counting down the soap's best storylines. How have they managed to get an hour's worth?

10.00 ITV News

10.35 Analyze This
FILM Okay gangster comedy starring Robert De Niro as a neurotic mob boss, and Billy Crystal as his long-suffering psychiatrist.

12.30am The Zone

7.00 News

7.55 4thought.tv

8.00 Kirstie and Phil's Perfect Christmas
Festive flapping with the property pair.

9.00 The Family
Another helping of domestic strife.

10.00 Frankie Boyle's Tramadol Nights
MUST-SEE Brilliantly angry sketches and stand-up from the Glaswegian funnyman.

10.35 The Morgana Show
MUST-SEE Sketch show starring comedian Morgana Robinson. Worth a look.

11.10 The Big Bang Theory
More geeky goings-on.

11.35 Robert's Web
Robert Webb pokes fun at the net. (R)

12.10am Bull Run
SPORT The racers head for the bright lights of Las Vegas.

12.40 World B-Boy Series

7.00 Five News at 7

7.30 Street Market Chefs
Another foodie cook-off.

8.00 Sea Patrol UK
The team help a fallen climber with a painful open fracture. Ouch!

9.00 CSI: Miami
MUST-SEE When a suburban mother is beaten to death, the finger points squarely at her family. The ungrateful swines!

10.00 CSI: NY
While recovering from an injury at home, Mac witnesses a suspicious exchange of briefcases from his window. (R)

11.00 CSI: Crime Scene Investigation
The team investigate a rollercoaster accident. There's foul play afoot... (R)

12.00m't True CSI
The grisly case of a Welsh pensioner murdered in her own home. (R)

1am

1.10am Sign Zone: See Hear (R) **1.40** MasterChef: The Professionals (R) **3.10** Renaissance Revolution (R) **4.10** The Bionic Vet (R) **4.40-6.00am** BBC News

2.10-4.30am BBC News

2.30 The Rockford Files: *Drama starring James Garner.* **3.25** The Jeremy Kyle Show (R) **4.20-5.30am** ITV Nightscreen

1.10 Freesports on 4 **1.35** Volleyball **2.30** Boxing **2.55** World Sport **3.45** Afterworld **4.10** Brothers & Sisters **4.55** ER **5.40-6.30am** Deadliest Catch

1.00am SuperCasino **4.00** The FBI Files (R) **4.45** House Doctor (R) **5.10** Michaela's Wild Challenge (R) **5.35-6.00am** Michaela's Wild Challenge (R)

REGIONAL VARIATIONS

BBC1 SCOTLAND: 8.00pm River City **BBC1 NORTHERN IRELAND: 10.35pm** Northern Ireland's Greatest Haunts **11.10** Imagine **12.10am** Where Music Matters **12.15** Sign Zone: Country Tracks **BBC1 WALES: 10.35pm** The Indian Doctor **11.20** Imagine **12.25am** BBC News **12.40** Sign Zone: The Apprentice **BBC2 SCOTLAND: 9.00pm** Men of Rock **10.00** Freedom **11.00** Newsnight Scotland, Weather **11.20** The Foods That Make Billions **12.20am** SPORT Snooker: UK Championship **1.10-4.30am** BBC News **BBC2 NORTHERN IRELAND: 7.00pm** Jackie's the Boy **7.30** SPORT Laochra Loch Lao **10.00** Great Unanswered Questions **11.20** Stormont Today **11.50** SPORT Snooker: UK Championship **12.40am** SPORT Snooker: UK Championship Extra **BBC2 WALES: 10.00pm** SPORT Britain by Bike **STV: 10.30pm** STV News and Weather **10.40** Olly Murs: Revealed **11.40** Animals Are Amazing Shorts **12.00m't** Brain Box **1.00am** The Jeremy Kyle Show **1.55** Surface **2.40-5.30am**

TODAY'S SPORT

sky SPORTS 1

6.00am LIVE Cricket: *Day five between Australia and England in Adelaide.* (HD) **8.00** Football (HD) **10.00** Cricket (HD) **11.00** SPL Round-Up (HD) **11.30** Netbusters **12.00noon** Football (HD) **2.00pm** Cricket (HD) **3.00** Netbusters **3.30** Football (HD) **5.30** Football Asia **6.00** Spanish Football **7.00** Sky Sports News at Seven (HD) **7.30** Soccer Special (HD) **10.30** Football Asia **11.00** Spanish Football **12.00m't** Football (HD) **1.30** Cricket (HD) **3.30** Spanish Football **4.30** Football (HD) **5.30-6.00am** A-League

sky SPORTS 2

6.00am Good Morning Sports Fans (HD) **9.00** Motorsport **10.00** Golf (HD) **11.00** Wonderful World of Golf **12.30pm** PGA Tour Classic **1.30** Wild Spirits **2.00** Rugby Union **5.00** Snow Ride **5.30** Carp Academy **6.00** Bowls **7.00** MUST-SEE Football: *Man United vs Valencia, Kick-off 8pm. You can also catch FC Twente vs Spurs on Sky Sports 4!* (HD) **10.00** Football: *Action from tonight's Champions League matches.* (HD) **11.00** Poker (HD) **1.00am** Basketball **3.00** Bowls **4.00-5.00am** Cricket: *India take on New Zealand in one-day action at the M Chinnaswamy Stadium in Bangalore.*

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)

6.55pm Another Stakeout: *Comedy adventure starring Richard Dreyfuss.* **9.00** Transformers: *Action adventure starring Shia LaBeouf.* **11.45** In the Cut: *Thriller starring Meg Ryan.* **2.00-4.00am** The Lost Son: *Harrowing drama.*

COMEDY CENTRAL (126)

6.00pm Two and a Half Men **7.30** Scrubs **8.30** Two and a Half Men **10.00** Sex and the City **11.10** Mike & Molly **11.40** Two and a Half Men **12.40am** South Park: *The school bus crashes.* **1.40** The Office: An American Workplace **2.40** Scrubs **3.40** Two and a Half Men **4.05** Shortcuts Shuffle **4.20** The King of Queens **5.10** Frasier **6.00-9.00am** Teleshopping

ESPN

7.15 ESPN Premier League Kicks **7.30** NFL **10.00** Pardon the Interruption UK **10.30** Premier League Review **11.30** NBA **12.00m't** ESPN Premier League Kicks **12.15am** ESPN SPL Kicks **12.30-5.00am** LIVE Ice Hockey

DISCOVERY (520)

6.00pm Mythbusters **8.00** How Do They Do It? **8.30** How It's Made **9.00** Swamp Loggers **10.00** Built from Disaster **11.00** River Monsters **12.00m't** Bear Grylls: Born Survivor **1.00am** Deadliest Catch **2.00** More Industrial Revelations **3.00** World War Two in HD Colour **3.50** Raging Planet **4.40** Unsolved History **5.30-6.00am** How Does That Work?

BBC3 (115)

7.00pm Total Wipeout **8.00** EastEnders: The Greatest Cliffhangers **9.00** Mad About the House **10.00** EastEnders **10.30** Young Beautician of the Year **11.30** Family Guy **12.15am** Mad About the House **1.15** Young Beautician of the Year **2.10** EastEnders: The Greatest Cliffhangers **3.10** Total Wipeout **4.10-5.10am** My Boyfriend the War Hero

E4 (136)

7.00pm Hollyoaks **7.30** Friends **9.00** 50 Greatest Plastic Surgery Shockers **11.05** The Event **12.05am** Scrubs **1.05** The Event **1.55** Life Unexpected **2.35** What About Brian **3.15** Reno 911! **3.35** Being Erica **4.20-6.00am** Switched

DAVE (111)

6.40pm Have I Got News for You **7.20** QI **8.00** Top Gear **9.00** QI XL **10.00** Mock the Week **10.40** Have I Got News for You **11.40** QI XL **12.40am** Mock the Week **1.20** That Mitchell and Webb Look **2.00** Lead Balloon **2.30-3.00am** Cooking in the Danger Zone

MTV (350)

7.00pm Hogan Knows Best **8.00** If You Really Knew Me **9.00** Teen Mom **10.00**

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7 DECEMBER TUESDAY

FULL 7 DAY TV GUIDE!

sky1

6.00am X-Weighted (R) **7.00** Brainiac: Science Abuse (R)(HD) **8.00** Oops TV (R) **9.00** It's Me or the Dog USA (HD) **10.00** Bones (R)(HD) **11.00** The Filth Files (R) **11.30** The Real A&E (R)(HD) **12.00noon** X-Weighted (R) **1.00pm** Road Wars (R) **2.00** Stargate Atlantis (R)(HD) **3.00** Stargate Atlantis (R)(HD) **4.00** Bones (R)(HD) **5.00** Malcolm in the Middle (R) **5.30** Futurama (R)(HD) **6.00** Oops TV: *Video out-takes.* (R) **6.30** The Simpsons (R)

7.00 The Simpsons
Apu's mother arrives in Springfield to organise his arranged marriage. (R)

7.30 Modern Family
Phil and Claire help out with their children's school projects. (R)(HD)

8.00 Futurama
The crew battle giant space bees. Giant space bees, dammit! (R)

8.30 Futurama
Fry makes a deal with the Robot Devil. (R)

9.00 Stargate Universe
Scott, Greer and Volker get a surprise when they take a closer look at an array of wrecked ships. Aliens? Probably. (HD)

10.00 Fringe
The team discover a device that communicates between the universes. It's basically a souped-up iPad. (R)(HD)

11.00 In the Spider's Web
FILM Iffy horror flick about a tribe of spider-worshippers. (HD)

12.45am Road Wars
Tyre-squeeling antics. (R)

1.45 Dom Joly's Happy Hour (R) **2.40** Oops TV (R)(HD) **3.30** Lost (R)(HD) **4.20** Sell Me the Answer (R)(HD) **5.10-6.00am** Are You Smarter Than a 10 Year Old? (HD)

The Nightshift **ULSTER: 10.30pm** UTV Live Tonight, Weather **11.30** Countrywise **12.00m't** Brain Box **ITV1 WALES: 7.30pm** NEW Fishlock's Wales

Jersey Shore **11.00** Dirty Sanchez **12.00m't** South Park **1.00am** Jersey Shore: *Reality series from the US.* **2.00** South Park **3.00-6.00am** All the Hits

SYFY (129)

7.00pm A Town Called Eureka **8.00** Medium **9.00** Haven **10.00** PREMIERE Dragon Wars: *Fantasy adventure starring Jason Behr and Amanda Brooks.* **11.40** FILM AVH: Alien vs. Hunter: *Thriller starring William Katt and Dedee Pfeiffer.* **1.20am** 3rd Rock from the Sun **2.00** Dollhouse **4.00** Quantum Leap **5.00-6.00am** Buffy the Vampire Slayer

FX (164)

7.00pm NCIS: *Double-bill.* **9.00** King of the Hill: *Hank and the gang plan a competitive fireworks display.* **10.00** American Dad! **11.00** Life **12.00m't** Nip/Tuck **1.00am** Farscape **2.00** Babylon 5 **3.00-4.00am** ReGenesis

TODAY'S MUST-SEES



Man United vs Valencia & FC Twente vs Spurs

Sky Sports 2 & 4/HD, 7pm

SPORT Both Spurs and Man United are into the knockout stages of the Champions League, but there's still the issue of topping the group to decide. Spurs need an away win against the Dutch to finish ahead of Inter, while United will be happy if they can get a draw against Valencia. Easy! Well, maybe. ★★★★



CSI: Miami

Five, 9pm

DRAMA Horatio and his sleuths investigate the murder of a suburban woman who's been beaten to death in her home. Meanwhile, Delko unsettles his colleagues as the investigation into stolen evidence continues. Enjoyable nonsense. ★★★



Frankie Boyle's Tramadol Nights

Channel 4, 10pm

COMEDY The grumpy Glaswegian comic gives us a glimpse into the dark recesses of his mind with this horribly hilarious show! ★★★★★



The Morgana Show

Channel 4, 10.35pm

COMEDY Here at *Nuts*, we recoil in horror at the words "female-fronted comedy", on account of the fact that the likes of Katy Brand are rubbish. But this isn't all that bad! ★★★



PREVIEWS: FRANK TENNYSON, PETE CASHMORE, MIKE HALL PHOTOS: GETTY

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Nuts TV

6am

BBC ONE

6.00am Breakfast **9.15** Rip Off Britain **10.00** Homes Under the Hammer (R) **11.00** Real Rescues **11.45** To Buy or Not to Buy **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Missing (R) **3.00** BBC News, Weather, Regional News **3.05** CBBC **5.15** Weakest Link (R) **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

BBC TWO

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.30** Daily Politics **1.00pm** See Hear **1.30** LIVE Snooker: UK Championship: *The opening sessions of the first two quarter-finals.* **4.30** Pointless (R) **5.15** The Hairy Bikers' Cook Off: *With guest Ben de Lisi.* **6.00** Eggheads (R) **6.30** Strictly Come Dancing – It Takes Two

itv 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News **1.55** Regional News, Weather **2.00** House Gift **3.00** Dickinson's Real Deal (R) **4.00** Midsomer Murders: *A choir member is killed.* (R) **5.00** The Alan Titchmarsh Show **6.00** Regional News, Weather **6.30** ITV News

4

6.30am Planet Cook (R) **6.50** Yo Gabba Gabba (R) **7.15** Freshly Squeezed **7.40** Everybody Loves Raymond (R) **8.35** Frasier (R) **9.10** According to Jim (R) **9.40** Friends (R) **10.10** One Tree Hill **11.05** Smallville **12.00noon** Channel 4 News Summary **12.05pm** 3 Minute Wonder: The Turner Prize 2010 (R) **12.10** River Cottage Bites (R) **12.20** Iron Chef UK **1.20** FILM Wake of the Red Witch: *Adventure.* **3.25** Countdown **4.10** Deal or No Deal **5.00** Come Dine with Me **5.30** Four in a Bed **6.00** The Simpsons **6.30** Hollyoaks

FIVE

6.00am Milkshake! **9.15** The Wright Stuff **10.45** Trisha Goddard (R) **11.45** House Doctor (R) **12.10pm** House Doctor (R) **12.40** Five News **12.45** Jaws of the Hippo: Austin Stevens' Adventures (R) **1.45** Neighbours **2.15** Home and Away **2.50** The Family Recipe (R) **2.55** Meals in Moments (R) **3.05** FILM Two Against Time: *Medical drama starring Marlo Thomas and Ellen Muth.* **5.00** Five News, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

7pm

7.00 The One Show

7.30 Wallace & Gromit's World of Invention

8.00 Jimmy's Food Factory
The farmer visits a Yorkshire pudding factory. Get the football on, quick!

8.30 Nigel Slater's Simple Suppers
The chef demonstrates how to whip up duck with honey.

9.00 The Apprentice
MUST-SEE The remaining hopefuls set up a London tour company. Needless to say, they soon find a way to mess it up.

10.00 BBC News, Weather

10.35 The National Lottery Wednesday Night Draws

10.45 Film 2010 with Claudia Winkleman
Claudia checks out the new Narnia film.

11.25 The Perfect Storm
FILM George Clooney takes on some massive waves. Splash!

7.00 Snooker: UK Championship
LIVE It's the evening session on day five as the two opening quarter-finals draw to a close.

8.00 Edwardian Farm
Ruth Goodman learns the art of lace-making. Again, we'll refer you to the footy.

9.00 Ancient Worlds
The history of the Roman Republic.

10.00 The Apprentice: You're Fired!
Sean Lock joins Dara O'Briain to point and laugh at the latest evictee.

10.30 Newsnight

11.20 Snooker: UK Championship
SPORT Highlight's of all the ball-sinking on day five.

12.10am The Foods That Make Billions
A load of old drivel about yoghurt. (R)

7.00 Coronation Street
The fire continues to rage in Weatherfield. Let's hope the whole place goes up.

7.30 UEFA Champions League
MUST-SEE Arsenal take on Partizan Belgrade at the Emirates, and it's squeaky-bum time! Kick-off 7.45pm.

10.00 ITV News

10.35 UEFA Champions League: Extra Time
SPORT All the highlights from the final round of group stage fixtures, including Chelsea's trip to Marseilles and Arsenal against Partizan.

12.35am The Zone

7.00 News

7.55 4thought.tv

8.00 Kirstie and Phil's Perfect Christmas
How to enjoy Christmas Day. Drink yourself stupid, essentially.

9.00 Grand Designs
Architectural showing off.

10.00 Rude Tube
More funny Internet vids. (R)

11.05 The Event
President Martinez personally interrogates Michael about the assassination attempt. (R)

12.05am Music on 4: On Track
Featuring art-rockers the Maccabees.

12.20 The Album Chart Show: N-Dubz Special
Dappy and friends. Safe, yeah? (R)

12.50 Mercury Prize Sessions
A performance by the Coral. (R)

7.00 Five News at 7

7.30 Highland Emergency
The search and rescue team are thwarted by some heavy cloud. Pesky weather!

8.00 Emergency Bikers
Bobbies and their bikes.

9.00 NCIS
A missing Navy lieutenant's car is found covered in blood. (R)

10.00 Law & Order: Criminal Intent
A suspected paedophile is decapitated and mutilated. Cheery stuff, as ever.

10.55 Law & Order
A shooting at City Hall leaves a councilman dead. (R)

11.55 Poker
SPORT High-stakes card tossing with action from the third heat of the World Open IV.

12.50am SuperCasino

1am

1.30am Sign Zone: Country Tracks (R) **2.25** Great British Waste Menu (R) **3.55-6.00am** BBC News

1.10-3.55am BBC News

2.35 FILM The Cowboy Way: *Action comedy starring Woody Harrelson and Kiefer Sutherland.* **4.20** The Jeremy Kyle Show (R) **5.20-5.30am** ITV Nightscreen

1.05 The Album Chart Show Spotlight **1.20** FILM Oldboy: *Korean revenge thriller.* **4.05** One Tree Hill **4.50** Hill Street Blues (R) **5.40-6.25am** Countdown (R)

4.00 The FBI Files (R) **4.45** House Doctor: *Highlights of the series.* (R) **5.10** Michaela's Wild Challenge (R) **5.35-6.00am** Michaela's Wild Challenge (R)

REGIONAL VARIATIONS

BBC1 SCOTLAND: 7.30pm The Films Of **8.00** Holby City **BBC1 NORTHERN IRELAND: 10.45pm** LOL **11.15** Film 2010 with Claudia Winkleman **11.55** The Sky at Night **12.15am** BBC News **12.35** Sign Zone: Countryfile **BBC1 WALES: 7.30pm** Coming Home: Michael Ball **10.45** The Indian Doctor **11.30** Film 2010 with Claudia Winkleman **12.10am** FILM The Perfect Storm: *Fact-based action drama starring George Clooney and Mark Wahlberg.* **2.10** BBC News **BBC2 SCOTLAND: 11.00pm** Newsnight Scotland, Weather **BBC2 NORTHERN IRELAND: 7.00pm** House on the Hill **7.30** Santer **STV: 12.35am** Sons and Daughters **1.00** The Jeremy Kyle Show **1.50** Surface **2.40-5.30am** The Nightshift **ULSTER: 10.30pm** UTV Live Tonight **11.00** SPORT UEFA Champions League: Extra Time **1.00am** FILM Real Women Have Curves: *Hispanic family drama starring America Ferrera.* **2.25** Star Bites

TODAY'S SPORT

sky SPORTS 1

6.00am Good Morning Sports Fans (HD) **9.00** Football (HD) **10.00** Football **11.30** Cricket (HD) **1.30pm** Football (HD) **2.30** Spanish Football **3.30** A-League **4.00** Football (HD) **5.00** Spanish Football **6.00** European Tour Weekly **6.30** FIFA Futbol Mundial **7.00** Sky Sports News at Seven (HD) **7.30** Soccer Special (HD) **10.00** You're on Sky Sports! **11.30** FIFA Futbol Mundial **12.00m't** Football Asia **12.30am** Football (HD) **1.30** You're on Sky Sports! **3.00** Football **4.30** Transworld Sport **5.30-6.00am** FIFA Futbol Mundial

sky SPORTS 2

6.00am Aerobics **6.30** Snow Ride **7.00** WWE: Vintage Collection **8.00** Spanish Football **9.00** Carp Academy **9.30** Asian Tour Golf Show **10.00** Poker (HD) **12.00noon** Bowls **1.00pm** Basketball **3.00** Poker (HD) **5.00** Watersports World **6.00** UEFA Champions League Pre-Game Show: *A look ahead to the action.* (HD) **7.30** LIVE Football: *Marseilles vs Chelsea, kick-off 7.45pm.* (HD) **10.00** Football (HD) **11.00** Transworld Sport **12.00m't** Fishing Gurus **1.00am** Bowls **2.00** Transworld Sport **3.00-4.00am** Watersports World

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)
7.00pm Sister Act: *Musical comedy starring Whoopi Goldberg.* **9.00** The Devil's Backbone: *Supernatural drama starring Fernando Tielve and Federico Luppi.* **11.05** PREMIERE The Love Guru: *Comedy starring Mike Myers.* **12.45-3.30am** Little Otik: *Part-animated horror.*

COMEDY CENTRAL (126)
6.00pm Two and a Half Men **7.30** Scrubs **8.30** Two and a Half Men **10.00** Sex and the City **11.10** The Office: An American Workplace **12.10am** Two and a Half Men **1.10** South Park **2.10** Grouchy Young Men **2.40** Scrubs **3.40** Two and a Half Men **4.05** Shortcuts Shuffle: *Comedy shorts.* **4.20** The King of Queens **5.10** Frasier **6.00-9.00am** Teleshopping

ESPN
7.15 Kicks **7.30** LIVE Football **10.00** Premier League World **10.30** UFC **11.30** Ski World Cup Report **12.00m't** Serie A Kicks **12.15** Kicks Extra **12.30am** Press Pass **1.00** Eredivisie **2.00** LIVE NBA **4.30-5.00am** UFC

DISCOVERY (520)
6.00pm Mythbusters **8.00** How Do They Do It? **8.30** How It's Made **9.00** Unsolved History **10.00** Behind Bars **11.00** Frontline Battle Machines with Mike Brewer **12.00m't** Bear Grylls: Born Survivor **1.00am** Deadliest Catch **2.00** More Industrial Revelations **3.00** The First World War **3.50** Raging Planet: *Pesky blizzards.* **4.40** Unsolved History **5.30-6.00am** How Does That Work?

BBC3 (115)
7.00pm Mad About the House **8.00** The World's Strictest Parents **9.00** FILM Bruce Almighty: *Comedy starring Jim Carrey.* **10.35** Family Guy **11.20** My Boyfriend the War Hero **12.15am** Russell Howard's Good News **12.45** Mad About the House **1.45** The World's Strictest Parents **2.45** Russell Howard's Good News **3.15** My Boyfriend the War Hero **4.15-5.10am** Love Me, Love My Face

E4 (136)
7.00pm Hollyoaks **7.30** Friends **9.00** Ugly Betty **10.00** Desperate Housewives **11.00** FILM Failure to Launch: *Romantic comedy with Matthew McConaughey.* **12.50am** Scrubs **1.45** Glee **2.25** What About Brian **3.10** Reno 911! **3.30** Being Erica **4.15-6.00am** Switched

DAVE (111)
6.40pm Have I Got News for You **7.20** QI **8.00** Top Gear **9.00** QI **9.40** Mock the Week **10.20** Have I Got News for You **11.20** QI **12.00m't** Mock the Week **12.40am** Men Behaving Badly: *Comedy.* **1.20** Billy Connolly's World Tour of Australia **2.10-3.00am** Lead Balloon

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8 DECEMBER WEDNESDAY

FULL 7 DAY TV GUIDE!

sky1

6.00am X-Weighted (R) **7.00** Brainiac: Science Abuse (R)(HD) **8.00** Oops TV (R) **9.00** It's Me or the Dog USA (HD) **10.00** Bones (R)(HD) **11.00** The Filth Files (R) **11.30** Medical Emergency (R) **12.00noon** X-Weighted (R) **1.00pm** Road Wars (R) **2.00** Stargate Atlantis (R)(HD) **3.00** Stargate Atlantis (R)(HD) **4.00** Bones (R)(HD) **5.00** Malcolm in the Middle (R) **5.30** Futurama (R)(HD) **6.00** Oops TV (R) **6.30** The Simpsons (R)

7.00 The Simpsons
A columnist writes a series of stories about Grampa. (R)

7.30 Modern Family
Claire struggles to get a present for Phil's birthday. How about a *Nuts* subscription? Just a thought! (R)(HD)

8.00 The Simpsons
Lisa uncovers a weird fossil. (R)

8.30 Raising Hope
Jimmy baby-proofs his home. (R)(HD)

9.00 Bones
Brennan wakes up one morning bloodied and beaten with no recollection of what happened the day before. Sounds like a typical Sunday morning to us. (R)(HD)

10.00 Terminator 2: Judgment Day
FILM Arnie returns for round two in this ace sci-fi sequel. He said he'd be back, and here he is! (HD)

12.40am Road Wars
More pursuits and pile-ups. (R)

1.40 Road Wars (R) **2.35** Oops TV (R)(HD) **3.25** The Dresden Files (R)(HD) **4.20** Sell Me the Answer (R)(HD) **5.10-6.00am** Are You Smarter Than a 10 Year Old? (R)(HD)

MTV (350)
7.00pm Brooke Knows Best **8.00** Teen Mom **9.00** Jersey Shore **10.00** Scream Queens **11.00** Dirty Sanchez **12.00m't** South Park **1.00am** Scream Queens **2.00** South Park **3.00-6.00am** All the Hits

SYFY (129)
7.00pm A Town Called Eureka **8.00** FILM Dragon Wars: *Fantasy adventure.* **9.40** FILM Tremors 2: Aftershocks: *Tongue-in-cheek horror.* **11.40** FILM Merlin and the War of the Dragons: *Fantasy adventure.* **1.30am** 3rd Rock from the Sun **2.00** Dollhouse **4.00** Quantum Leap **5.00-6.00am** Buffy the Vampire Slayer

FX (164)
7.00pm NCIS: *Double-bill.* **9.00** American Dad! **10.00** Burn Notice **11.00** The Walking Dead **12.00m't** Nip/Tuck **1.00am** Farscape **2.00** Babylon 5 **3.00-4.00am** ReGenesis

TODAY'S MUST-SEES



Inception
Sky Box Office/HD, From 6am

FILM One of the best films of the year. You might have heard about how complicated it is, but it's really not too hard to follow. Ready? Right, Leo DiCaprio plays Cobb, the leader of a team trained in corporate espionage. Their trick is to go into their targets' dreams and convince them to part with information while they sleep! However, after a job goes wrong, Cobb's unable to return home to the US until a shady businessman offers him a way out, with the risks and difficulties you'd expect. It's like *The Matrix* meets *The BFG*, and it's awesome in every way! ★★★★★



Arsenal vs Partizan Belgrade
ITV1/HD, 7.30pm

SPORT The visitors are propping up Group H, but after capitulating in Braga, Arsenal need a win to guarantee progress. Nervous? ★★★★



The Apprentice
BBC1, 9pm

REALITY This week, the candidates must set up their own tour company and provide open-top bus excursions. As if that wasn't enough, they also have to create walking routes and bid to win a deal with a travel agency. Action-packed! ★★★★



The Informant!
Sky Movies Premiere/HD, 9.45pm

FILM Matt Damon plays a hacked-off employee who tries to bring down his paymasters by exposing a conspiracy. The problem? He's a bit odd! Entertaining stuff, and based on a true story. ★★★★

Nuts PROMOTION

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Nuts TV

6am

BBC ONE

6.00am Breakfast **9.15** Rip Off Britain **10.00** Homes Under the Hammer (R) **11.00** Real Rescues **11.45** To Buy or Not to Buy **12.15pm** Bargain Hunt **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Missing (R) **3.00** BBC News, Weather, Regional News **3.05** CBBC **5.15** Weakest Link **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

BBC TWO

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.30** Animal Park (R) **12.00noon** Daily Politics **12.30pm** LIVE Snooker: UK Championship: *The opening sessions in the remaining two quarter-finals.* **4.30** Pointless (R) **5.15** The Hairy Bikers' Cook Off **6.00** Eggheads (R) **6.30** Strictly Come Dancing – It Takes Two

itv 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News **1.55** Regional News **2.00** House Gift **3.00** Dickinson's Real Deal (R) **4.00** Midsomer Murders (R) **5.00** The Alan Titchmarsh Show **6.00** Regional News, Weather **6.30** ITV News

4

6.25am Sali Mali (R) **6.30** Planet Cook (R) **6.50** Yo Gabba Gabba (R) **7.15** Freshly Squeezed **7.45** Everybody Loves Raymond (R) **8.40** Frasier (R) **9.10** According to Jim (R) **9.40** Friends (R) **10.10** One Tree Hill **11.05** Smallville **12.00noon** News Summary **12.05pm** 3 Minute Wonder **12.10** River Cottage Bites (R) **12.20** My Eden (R) **12.30** Iron Chef UK **1.30** FILM The Last Wagon **3.25** Countdown **4.10** Deal or No Deal **5.00** Come Dine with Me **5.30** Four in a Bed **6.00** The Simpsons **6.30** Hollyoaks

FIVE

6.00am Milkshake! **9.15** The Wright Stuff **10.45** Trisha Goddard (R) **11.45** House Doctor (R) **12.10pm** House Doctor (R) **12.45** Five News **12.50** Elephant Charge: Austin Stevens' Adventures (R) **1.45** Neighbours **2.15** Home and Away **2.50** Meals in Moments (R) **3.00** Meals in Moments (R) **3.10** FILM Wishing Well: *Family fantasy drama starring Jordan Ladd and Ernest Borgnine.* **5.00** Five News, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

7pm

7.00 The One Show

7.30 EastEnders
Your daily dose of East End misery.

8.00 The Apprentice: The Final Five
MUST-SEE A look at the final five candidates, with contributions from their nearest and dearest. They must be very proud.

9.00 Have I Got News for You
Miranda Hart is this week's guest host on the topical news quiz.

9.30 Live at the Apollo
MUST-SEE Dara O'Briain is your host, with support from *The Inbetweeners* star Greg Davies and Canadian comic Stewart Francis.

10.00 BBC News, Weather

10.35 Question Time
Political flannel. No, thanks.

11.35 This Week
Another round of political hot air.

12.30am Sign Zone: Addicted to Games?: Panorama (R)

7.00 Snooker: UK Championship
LIVE Ball-potting with the two remaining quarter-finals.

8.00 Nigella Kitchen
More mouth-watering grub.

8.30 Rick Stein's Cornish Christmas
The chef whips up a Christmas banquet.

9.00 At Home with the Georgians

10.00 Never Mind the Buzzcocks
Singer Josh Groban is tonight's host.

10.30 Newsnight

11.20 The Apprentice: You're Fired!
Sean Lock does some mickey-taking.

12.00m't Snooker: UK Championship
SPORT Highlights of all the day's quarter-final action.

12.50-4.00am BBC News

7.00 Emmerdale
Hour-long episode. Just our luck.

8.00 Coronation Street Live
Hour-long episode. See above.

9.00 Coronation Street: 50 Years, 50 Moments
The 50 "greatest" moments in the soap's history. One to miss.

10.00 ITV News

10.35 Coronation Street Live
You guessed it, it's another hour-long episode. This is getting ridiculous! (R)

11.35 Regional Programme
Current-affairs based bellyaching.

12.05am Grimefighters
Half an hour of people cleaning. Every bit as tedious as it sounds. (R)

12.35 The Zone

7.00 News

7.55 4thought.tv

8.00 Kirstie and Phil's Perfect Christmas
The property pair talk you through New Year celebrations. If you really need to take advice on getting hammered from these two, you're in serious trouble.

9.00 The House That Made Me
NEW Boy George returns to his teenage home.

10.00 My Best Friend's Wedding
FILM Slushy rom-com rubbish starring Julia Roberts and Cameron Diaz. Steer well clear.

12.00m't Reaper
The gang attack an old high-school teacher, assuming him to be dead. Easy mistake to make.

12.55am King of the Hill
Hank devises a cunning plan to spend more time with Bobby.

7.00 Five News at 7

7.30 Highland Emergency
The RAF searches for a missing walker. Shouldn't they have more serious matters to be looking after?

8.00 Silver Pharaoh Mystery: Revealed
Doco exploring the discovery of a mummy encased in an unusual silver casket.

9.00 Men of Honor
FILM Ropey biopic starring Cuba Gooding Jr as an African-American Navyman amd Robert De Niro as his racist superior. Clichéd rubbish.

11.35 The World of Stupid Criminals
Another batch of dozy crims land themselves in hot water.

12.05am SuperCasino

1am

1.00 Countryfile (R) **1.55** Antiques Roadshow (R) **2.55** The Young Ones (R) **3.55-6.00am** BBC News

2.35 Surface (R) **3.20** The Jeremy Kyle Show (R) **4.15-5.30am** ITV Nightscreen

1.20 King of the Hill **1.45** Our Drugs War (R) **2.40** Dispatches (R) **3.30** Brothers & Sisters (R) **4.15** ER (R) **5.00** One Tree Hill **5.45-6.30am** Countdown (R)

4.00 The FBI Files (R) **4.45** House Doctor (R) **5.10** Michaela's Wild Challenge (R) **5.35-6.00am** Michaela's Wild Challenge (R)

REGIONAL VARIATIONS

BBC1 NORTHERN IRELAND: 11.40pm Hearts and Minds **12.10am** This Week **12.55** BBC News **1.25** Sign Zone: Addicted to Games? Panorama **BBC1 WALES: 11.35pm** Dragon's Eye **12.05am** This Week **BBC2 SCOTLAND: 11.00pm** Newsnight Scotland, Weather **BBC2 NORTHERN IRELAND: 7.00pm** Getaways **7.30** Hearts and Minds **10.00** Blas Ceoil **11.20** Never Mind the Buzzcocks **11.50** The Apprentice: You're Fired! **12.30am** SPORT Snooker: UK Championship **1.20am** BBC News

BBC2 WALES: 7.00pm Dragon's Eye **7.30pm** Iolo's Secret Life of Birds **STV: 11.35pm** Politics Now **12.05am** Brain Box **1.00** Surface **1.45** FILM Be Cool: *Crime comedy sequel to Get Shorty starring John Travolta.* **3.45** The Rockford Files **4.35-5.30am** The Rockford Files **ULSTER: 10.30pm** UTV Live Tonight **11.00** Coronation Street Live **12.00m't** Brain Box **ITV1 WALES: 11.35pm** Wales This Week

TODAY'S SPORT

sky SPORTS 1

6.00am Good Morning Sports Fans (HD) **9.00** Champions League Goals (HD) **10.00** Football **11.00** A-League **11.30** Transworld Sport **12.30pm** Football (HD) **1.30** LIVE Rugby Union: *Oxford vs Cambridge, kick-off 2pm.* (HD) **4.00** Football (HD) **6.00** ATP Tour Uncovered **6.30** Rugby Union (HD) **7.00** Sky Sports News at Seven (HD) **7.30** Premier League World (HD) **8.00** The Rugby Club (HD) **9.00** Ringside (HD) **10.00** Time of Our Lives **11.00** The Rugby Club (HD) **12.00m't** Ringside (HD) **1.00am** LIVE American Football: *Tennessee Titans face Indianapolis Colts, kick-off 1.20am.* (HD) **4.30** Ringside (HD) **5.30-6.00am** Premier League World

sky SPORTS 2

6.00am Aerobics **6.30** Snow Ride **7.00** WWE: Experience (HD) **8.00** Transworld Sport **9.00** Motorsport **11.00** Racing News **11.30** Aerobics **12.00noon** Tennis **1.00pm** Bowls **2.00** Snow Ride **2.30** Wild Spirits **3.00** Motorsport (HD) **4.00** Motorsport **5.00** WWE: Vintage Collection **6.00** Soccerex 2010 **6.30** Race World **7.30** LIVE Football: *Northern Ireland take on England in under-16 action for the Victory Shield, kick-off 7.35pm.* **9.30** Rugby Union (HD) **10.00** LIVE Poker **12.00m't** Rugby Union (HD) **12.30am** Powerboating **1.00** Football **3.00** The Rugby Club (HD) **4.00-4.30am** Soccerex 2010

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)
6.50pm Flight of the Phoenix **9.00** Election: *Comedy starring Matthew Broderick.* **11.00** PREMIERE Shutter: *Horror starring Joshua Jackson and Rachael Taylor.* **12.40-3.25am** Invincible: *Fact-based drama starring Tim Roth.*

COMEDY CENTRAL (126)
6.00pm Two and a Half Men **7.30** Scrubs **8.30** Two and a Half Men **10.00** Sex and the City **11.10** Live at the Apollo **12.10am** Two and a Half Men **1.10** South Park: *Cartman is sent to fat camp.* **2.10** Rules of Engagement **3.10** Scrubs **4.10** Shortcuts

ESPN
7.00pm Goal! **7.30** LIVE Football **10.00** MMA Live **10.45** Snowboarding **11.15** Kicks **11.30** NBA **12.00m't** LIVE NHL Ice Hockey **2.30am** Press Pass 2010 **3.00** Ski World Cup Report **3.30-6.00am** LIVE NHL Ice Hockey

Shuffle **4.20** The King of Queens **5.10** Frasier **6.00-9.00am** Teleshopping

DISCOVERY (520)
6.00pm Mythbusters **8.00** How Do They Do It? **8.30** How It's Made **9.00** Wheeler Dealers **10.00** Swamp Loggers **11.00** Death Machines **12.00m't** Bear Grylls: Born Survivor **1.00am** Deadliest Catch **2.00** More Industrial Revelations **3.00** The First World War **3.50** Raging Planet **4.40** Unsolved History **5.30-6.00am** How Does That Work?

BBC3 (115)
7.00pm Top Gear **8.00** Young Beautician of the Year **9.00** The Real Sleeping Beauty **10.00** EastEnders **10.30** Russell Howard's Good News **11.00** Family Guy **11.45** The Real Sleeping Beauty **12.45am** Russell Howard's Good News **1.15** Beyond Walford: Roxy Mitchell **2.15** Young Beautician of the Year **3.15** Can't Bully Me **4.10-5.10am** Beyond Walford: Roxy Mitchell

E4 (136)
7.00pm Hollyoaks **7.30** Friends **9.00** The Big Bang Theory **9.30** Meet the Parents **10.00** MUST-SEE Misfits **11.05** This Is England '86 **12.10am** Scrubs **1.10** Misfits **2.05** This Is England '86 **3.00** What About Brian **3.40** Reno 911! **4.05** Being Erica **4.45-6.00am** Switched

DAVE (111)
6.40pm Have I Got News for You **7.20** QI **8.00** Top Gear **9.00** QI XL **10.00** Mock the Week **10.40** Have I Got News for You **11.40** QI XL **12.40am** Mock the Week **1.20** Have I Got News for You **2.15-3.00am** That Mitchell and Webb Look

MTV (350)
7.00pm Brooke Knows Best **8.00** If You Really Knew Me **9.00** Teen Mom **10.00**

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9 DECEMBER THURSDAY

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6.00am X-Weighted (R) **7.00** Brainiac: Science Abuse (R)(HD) **8.00** Oops TV (R) **9.00** It's Me or the Dog USA (HD) **10.00** Bones (R)(HD) **11.00** The Filth Files (R) **11.30** Medical Emergency (R) **12.00noon** X-Weighted (R) **1.00pm** Road Wars (R) **2.00** Stargate Atlantis (R)(HD) **4.00** Bones (R)(HD) **5.00** Malcolm in the Middle (R) **5.30** Futurama (R)(HD) **6.00** Oops TV (R) **6.30** The Simpsons (R)

7.00 Modern Family
Jay and Phil compete for the job of basketball coach. (R)(HD)

7.30 The Simpsons
Marge becomes an estate agent. (R)

8.00 Modern Family

8.30 The Simpsons
Bart bonds with a sickly calf. Hmm, this is bound to end in tears. (R)

9.00 An Idiot Abroad
The little round-headed buffoon makes his way to China. (R)(HD)

10.00 Raising Hope
MUST-SEE Jimmy tries to arrange a family photograph. With difficulty. (HD)

10.30 A League of Their Own
Tinchy Strider guests. (R)(HD)

11.00 Wayne Rooney's Street Striker
SPORT It's the moment of truth as Wayne crowns one of his three finalists the winner. (R)(HD)

12.00m't NCIS: Los Angeles
A navy officer is found dead. (R)(HD)

1.00 Road Wars **1.50** Dom Joly's Happy Hour (R) **2.40** Oops TV **3.30** The Dresden Files **4.20** Sell Me the Answer **5.10-6.00am** Smarter Than a 10 Year Old?

Jersey Shore: *The housemates bid a dramatic farewell to Miami.* **11.00** Dirty Sanchez: *Painful challenges.* **12.00m't** South Park **1.00am** Jersey Shore **2.00** South Park **3.00-6.00am** All the Hits

SYFY (129)

7.00pm A Town Called Eureka **8.00** Fact or Faked: Paranormal Files **9.00** Warehouse 13 **10.00** Haven **11.00** FILM Unearthed: *Ropey horror.* **12.50am** FILM Yeti: Curse of the Snow Demon **2.30** 3rd Rock from the Sun **3.00** Dollhouse **4.00** Quantum Leap **5.00-6.00am** Buffy the Vampire Slayer

FX (164)

7.00pm NCIS **9.00** Family Guy **10.00** MUST-SEE Eastbound & Down: *Kenny considers a job in Mexico.* **10.35** American Dad! **11.05** Family Guy **12.05am** Nip/Tuck **1.05** Farscape **2.05** Babylon 5 **3.05-4.05am** ReGenesis

TODAY'S MUST-SEES



"Yeah, it's filmed in lard-o-vision"

COMEDY KINGS!

Live At The Apollo

BBC1/HD, 9.30pm

COMEDY A fine old line-up this evening to get the comedy taste-buds all a-tingle. The whole shebang is overseen by the brilliantly dry Dara O'Briain, while support is provided by Greg Davies of *The Inbetweeners* and *Ask Rhod Gilbert*, and top Canadian gagsmith Stewart Francis, who you'll recognise from various panel shows. The kind of line-up that cries out, "Kick back, pop open a cold one and enjoy the warm glow of top jokery." ★★★★



"Margaret, that new moisturiser has worked wonders"

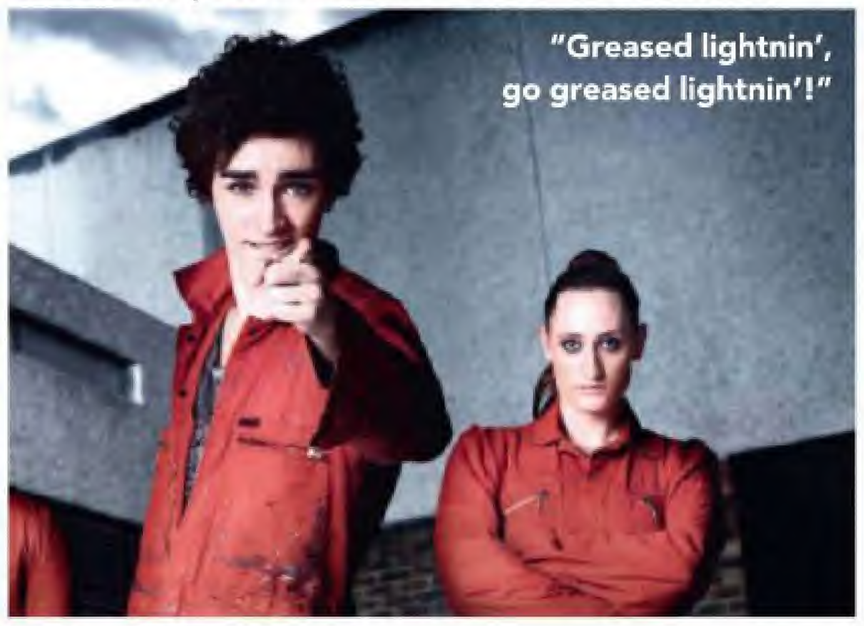


Haye and his team plotted the next fight

The Apprentice: The Final Five

BBC1, 8pm

REALITY Parents, pals and ex-bosses, along with Nick Hewer and Karren Brady, discuss the pros and cons of the finalists. ★★★★



"Greased lightnin', go greased lightnin'!"

Misfits

E4/HD, 10pm

DRAMA One of the most refreshing dramas on the box, the second series about the dysfunctional superheroes continues its blistering form as Nathan is violently killed – again! Part funny, part scary and 100 per cent cool! ★★★★

Eastbound & Down

FX/HD, 10pm

COMEDY The ever-deteriorating fortunes of former baseball star Kenny Powers continue to amuse, but with Will Ferrell producing, that hardly comes as a shock. ★★★★



They were the world's worst shoplifters

Raising Hope

Sky1/HD, 10pm

COMEDY Anything from the man behind *My Name Is Earl* was likely to get our interest, and this new sitcom about a bloke bringing up his baby daughter alone raises plenty of laughs. Here, Jimmy tries to arrange a family photo. ★★★★

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Mates Mum Lets Me Film Her	373865
18 Yr Olds First Uncensored Home Movie	372177
Big Boobs Babe Shower Self Play Vid	376412
I Caught My Ex With My New Girl	371633
Lucy Pinder Uncensored Movie	376403
Naked Rhian Sudgen	372394
My Mates Girlfriend And My Ex	376874
Caught My Sisters Mate On Cam	375676
Naughty Video My Girlfriend Made	371660
Older Girl Gets Randy	375602
My Naughty Girlfriend Got It On With My Bro	376509
Busty Blonde Teases Her Hot Pair	379082
Frisky Babe Takes It All The Way	378243
Sophie Howard And Lindsay Strutt Romp	379488
Spread Naked	374778
Mates Girlfriend Seduces Me	376388

Too Rude To Describe	376144
Rosie Jones And Emma Frain Romp	378723
19yr Student Sleepover Turns Naughty	375669
Office Girl Uncensored Home Movie	376873
18yr Old Blonde Girls On Cam	372496
Very Naughty Posh Girl	379566
Caught Neighbour Seducing My Hot Girlfriend	373642
2 Students Get It On	376875
Uncensored Girls Home Movie	376146
Student Girls Seduce Each Other	372092
My Dads Secretary Likes To Get Naked For Me	379868
Going At It On Cam	371663
Rosie Jones And Friends Get Frisky For You	379659
19 Year Old Uncensored	370835
Student Nurse Lets Me Film Her	374393
Sophie Howard Exposed	374785
Romping Girlfriends	370961
Secretary Seduces Boss	378702
Naughty Nurses Huge Jugs Revealed	377295



TEXT ALERTS

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Quagmire - Giggerty Giggerty	371104
The Hangover - Paging Dr F**got	372950
Predator Growl	379908
Pulp Fiction - Say What Again	379696
Fast & Furious Dump Valve	373846
Sid James Laugh	375948
Darth Vader - I Am Your Father	375727
Catchphrase Buzzer	372280
Scarface - Say Hello To My...	377924
Tardis Noise	373707
Massive Fart	371883
Car Alarm	738094
Captain Caaaaaaveman!	372367







Peter Kay - Whats All That About!	373734
Air Horn	379523
Die Hard - Yippee Ki Yay...	371360
Jaws - ...A Bigger Boat	371342
Full Metal Jacket - You're So UGLY	378124
Happy Gimore - Go Home Ball	377923
Jigsaw - I Want To Play A Game	374610
Chewbacca Growl	373184
Police Siren	378065
Wolf Whistle	372001
Submarine Sonar Bleeping	378125
Ship Horn	376615
Big Bang Theory - Bazinga!	372512
Chucky - Wanna Play?	379498
Catchphrase Buzzer	372280
What'chu Talkin Bout Willis	376656
CB Radio 10-4	371902









THEME TUNES

Formula 1	376395
Ncis	376699
True Blood	376667
Thundercats	374953
The A Team	377152
Dukes Of Hazzard	377288
The Professionals	376381
Big Bang Theory	374497
Stop The Pidgeon	375776
The Apprentice	376977
Top Gear	373808
The Exorcist	374955
The Avengers	378574
Jeremy Kyle Show	378711
Only Fools And Horses	373188
Dueling Banjos	373290
Hangover Stu's Tiger Song	376279
Shameless	377632
Airwolf	377130
Knight Rider	377143
Captain Pugwash	372828
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ASK ANY OF THE PERSONAS ON THIS PAGE FOR THEIR PHOTOS! THEY'RE ALL HOT AND THEY'VE ALL GOT 'EM!

All personas 18+

Meg, Lancashire.

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Milf, 40s North England

Fun loving naughty women with photos Get my hot pix...text
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Katherine, WALES

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KATHERINE to 68889

Polly, 44 UK.

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Get my hot pix...text
POLLY to 68889

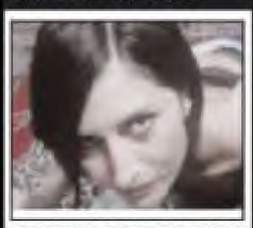
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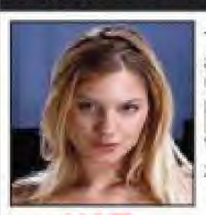
Kat, London. 18 years old!

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Ami,20 GLOUCS.

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AMI to 68889

Liz, 20s Hants/Uk

Get my hot pix AND HOT VIDEOS ...text
LIZ to 68889

Nat (19) MIDLANDS/UK

Text me anytime & Get my pix...and HOT VIDEOS xxx
Text NAT to 68889

Janie, SOUTH (41)

Get my hot pix...text
JANIE TO 68889

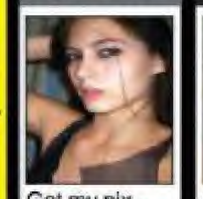
Tara,Uk 47

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ESSEX (34)

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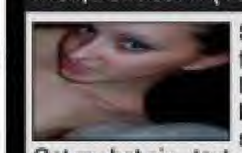
18, SCOT.

Get my pix... text JEWEL to 68889

Kitty,18 Lancs.

Get my pix... text KITTY to 68889

Lee, 20 Leeds

Get my hot pix...and VIDEOS text
LEE to 68889

Mell,Belfast NI (18)

Single and fun loving Looking to hook up soon!
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MELL to 68889

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Hook up with hot easy personas FAST! This is a discrete, easy service
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Daze, anywhere UK

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DAZE to 68889

Beth, North East (38)

Lets have some fun Get my hot pix...text
BETH38 to 68889

Rita, Wales/Uk (45)

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Saucy, 34 Kent/Sussex

Get my hot pix...text
SAUCY to 68889

Ker, Kent/London

Get my hot pix..and VIDEOS text
KER to 68889

Jule, Uk (40)

Hot single woman (40) wants to be contacted by guys 18-35 for fun easy times. Get my hot pix...and HOT VIDEOS Text
JULE to 68889

Lib NORTH WEST (21)

Get my hot pix... and HOT VIDEOS too text
LIB to 68889

Nici, LANCS 38 and HOT!

Get my hot pix...text
NICI to 68889

Leah, London/Uk (19)

Get my hot pix... and HOT VIDEOS too text
LEAH to 68889

Tani South West/Uk (43)

Get my hot pix...text
TANI to 68889

As Seen on TV
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Carly, 18 UK

Get my hot pix...and HOT videos text
CARLY to 68889

Kyli 20, SUSSEX

Get my hot pix and VIDEOS ...text
KYLI to 68889

Beverly Mids/Uk (3os)

Saucy older woman wants to hear from younger guy 18+. Easy going, Fun loving kind single woman 35 - hopes age doesnt put you off! Get my hot pix...and hot videos text
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Lets hook up Get my hot pix... text
HWILKIE to 68889

Naughty, South West

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Amb UK

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Another cool pint of the finest trivia!



"Do I get a discount for buying in bulk?"

None of the 1,100 species of bat found around the world are blind.

By the time she was 21, Lily Allen had run up £20,000 worth of parking fines.

In 2000, Google played an April Fools' Day joke on the world by launching MentalPlex. The software giant claimed it was able to read your mind and display search results before you'd typed anything.

Giraffes and humans have the same number of bones in their neck – the giraffe's bones are simply much larger.

Two Indian children, Pranamya Menaria and Devendra Harne, share the world record for the most digits, with 12 fingers and 13 toes each.

The first flavoured Walkers Crisps were cheese and onion, launched in 1954

The world's tallest Lego structure stands 30 metres tall and is found at Legoland Windsor.

In 1989, Simon Cowell was declared bankrupt, and was forced to sell his home and Porsche and move back in with his parents.

Mouse saliva contains a protein that can help human wounds to heal twice as fast.

Hollywood star Mickey Rourke claims to have slept with 14 women on one night during a trip to the UK.

Dwayne "The Rock" Johnson's original wrestling stage name was "Flex Kavana".

The biggest spree killing in recent history took place in South Korea in 1982, when police officer Woo Bum-kon killed 58 people and injured 35.


"Who are you calling shorty?"



The new police breathalyser met with wide approval



"[illegible] the last time I take fashion advice from Elton"

PUB AMMO ON... MONSTERS


"The allotments ain't what they used to be!"



"Looks like we'll be holidaying in Magaluf again!"

- Because the film crew for *Monsters*, including actors, was so small, they were able to travel around locations in the same van.
- The two stars of *Monsters*, Whitney Able and Scoot McNairy, are married in real life.
- The film's extras are all members of the public who happened to be available at the time of filming.
- Director Gareth Edwards was inspired by watching fishermen hauling in their net, and wondering how easy it would be to digitally insert a sea monster.
- *Monsters* is on general release from Friday.


"Oi, cat! P*ss off!"

WORDS: PETER STUART, NICK WATKINS
PHOTOS: ALAMY, REX, GETTY

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